

FREE CLASSES

CARRILLO RECREATION CENTER

SEPTEMBER 19-23, 2005

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**Parks Department to
Receive Jacaranda Award
for Outstanding Community
Service from Santa
Barbara Beautiful
see page 26**

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City of Santa Barbara Parks & Recreation Activity Guide Fall & Winter 2005

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THE BASICS

How to Register

For your convenience, we offer one, easy-to-use registration form to register for activities (see page 29). Registration is accepted on a first-come, first-served basis, so the method you choose is important. Please read the instructions carefully for each registration option below before making your selection. City residents may take advantage of the Resident Fee Discount Program for discounted fees (see page 26 for details).

1. Online using eRecreation at
www.sbparksandrecreation.com

2. By Mail or Fax:

Complete the registration form on page 29. To ensure accurate enrollment, you must include the Code # assigned to each activity. Since mail delivery may take several days, be sure to include payment in full, well in advance of the activity start date. You may also fax the form with your credit card information to 805-564-5480.

3. In Person:

Stop by the Recreation Administration Office at 620 Laguna Street. We offer extended hours to serve you better. Our friendly customer service staff is available Monday-Friday, 8am-5:30pm.

4. On the First Day:

You may register for some activities at the first class meeting. Check descriptions or call the number listed to determine if this option applies. Please be advised that activities fill quickly and may no longer be available for this option.

If you want to verify space availability for any activities before choosing a registration method, please call (805) 564-5418, Monday-Friday, 8am-5:30pm.

For department registration and other policies, see page 28.

www.sbparksandrecreation.com
620 Laguna Street, Santa Barbara 93101
P.O. Box 1990, 93102-1990
805-564-5418 • Fax 805-564-5480

CITY OF SANTA BARBARA
Parks & Recreation
Enriching People's Lives

Where to Call

Recreation Information	564-5418
Parks Information	564-5433
Creeks Information	897-2508
Golf Information	687-7087

Program Information	
Active Adults & Classes	897-2519
Adapted Recreation	564-5421
Aquatics	897-2680
Community Services	963-7657
Cultural Arts	897-1982
Park Rangers	897-1941
Marketing	564-5589
Sports	564-5422
Teen Programs	897-2650
Tennis	564-5517
Youth Activities	564-5495

Facility Information	
André Clark Bird Refuge	564-5433
Cabrillo Pavilion Arts Center	897-1983
Cabrillo Pavilion Bathhouse	897-2680
Carrillo Recreation Center	897-2519
Carrillo Street Gym	897-2519
Casa Las Palmas	897-1983
Chase Palm Park Center	897-1983
Franklin Center	963-7605
Las Positas Tennis Courts	564-5517
Los Baños Pool	966-6110
Lower Westside Center	963-7537
Louise Lowry Davis Center	897-2568
Municipal Tennis Courts	564-5517
Pershing Park Tennis Courts	564-5517
Santa Barbara Arts and Crafts Show	897-1982
Santa Barbara Golf Club	687-7087
Skater's Point	564-5418
Westside Center	963-7567

For more facility rental information,
see pages 30-31 or go to
www.sbparksandrecreation.com

Parks & Recreation Staff

Nancy L. Rapp, Director

Business Services

Nancy Woods, Business Manager
Kathleen Sullivan, Marketing and Communications Supervisor
Susan Jang-Bardick, Facilities and Registration Services

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Jill Zachary, Creeks Restoration/
Clean Water Manager

Golf Division

Scott Jorgensen, Golf Superintendent

Parks Division

David Gress, City Arborist
Santos Escobar, Park Superintendent
Mark Rauch, Parks Supervisor
Steve Takaya, Parks Supervisor

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Judith Cook, Recreation Programs Manager

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Jason Bryan, Active Adults & Classes
Cathy Carpenter, Tennis
Joe Chenoweth, Sports
Rich Hanna, Aquatics
Anita Ho, Adapted Recreation
Antonio Velasquez, Community Services
Susan Young, Teen Programs

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Steve Forsell, Chair

Ada Conner • Arnoldo Gonzalez
Beebe Longstreet • Margie Niehaus

About the cover: Children's imaginations are inspired and joy abounds in *Art from the Heart* classes at the Carrillo Recreation Center. Grace Long (*left*) holds a handmade heart; Annalise Tavera and Caroline Sjerven share their art, music and hugs with Angie Soraca, a resident at a local retirement home (*top center*); Thomas Vadnais dresses as a frog (*bottom center*); Camille Nguyen plays the bride (*right*). All photos by Karen Putnam, instructor. For information on this class and other kids programs, see page 8.

FREE CLASSES

CARRILLO RECREATION CENTER

SEPTEMBER 19-23, 2005

TRY ANY OF THESE BEGINNING CLASSES DURING OPEN HOUSE WEEK!

No fee to attend any of the classes listed below during the week of September 19-23.

Love the class? Sign up for the new sessions beginning the following week.

All classes are held at the Carrillo Recreation Center, 100 E. Carrillo Street.

Space is limited—please arrive early.

Youth and Teens

Mommy & Me: ages 2 1/2-4	Mon	9/19	2:15-2:50pm
Tap & Jazz Dance: ages 5-8	Mon	9/19	3-3:50pm
Children's Creative Dance: ages 3-5	Thur	9/19	3-3:40pm
Children's Creative Dance: ages 5-8	Thur	9/19	3:45-4:30pm
Intro to Jazz & Disco: ages 9-14	Thur	9/19	3-3:55pm
Line Dancing for Teens/Adults	Thur	9/22	4-4:55pm
Ballet I: ages 4-6	Fri	9/23	3:30-4:30pm
Ballet II: ages 7-10	Fri	9/23	4:30-5:30pm

Adults

Beginning Show Dance	Mon	9/19	5:15-6:15pm
Beginning Ballet	Mon	9/19	5:30-7pm
Jazzercise – Regular	Mon	9/19	5:30-6:30pm
Monday Evening Yoga	Mon	9/19	5:30-6:30pm
Beginning Tap Dance	Mon	9/19	6:30-8pm
Beginning Ballroom & Latin American Dance	Mon	9/19	8:30-9:30pm
Beginning Belly Dance	Tues	9/19	5:30-6:30pm
Folk Dance	Tues	9/20	11am-12:30pm
Jazzercise – Step	Tues	9/20	5:30-6:30pm
Intro to Pilates	Tues	9/20	5:30-6:30pm
Argentine Tango Level One	Wed	9/21	6-7pm
Hip Hop	Wed	9/21	7-8pm
Salsa Dancing for Beginners	Thur	9/22	7-8pm or 8-9pm
Folk Dance	Thur	9/22	7:30-9:30pm
Beginning Guitar	Thur	9/22	8:30-9:30pm

TRY ANY OF THESE
CLASSES FOR FREE!



AFTER SCHOOL PROGRAMS



Making new friends is one of the many reasons kids love RAP.

Recreation After-school Program (RAP)

This affordable program helps participants unwind after a long day of school and get a jump start on their homework. Enriching educational and recreation activities are offered daily, such as organized sports, games, arts and crafts, and walking field trips. Participation in after-school league sports is also available for a discounted fee. The benefits are many—academic support, constructive safe recreation, physical exercise, positive social interaction, and personal growth in a nurturing, supportive environment. This program is staffed by trained recreation professionals certified in first aid and CPR and is available at these local elementary schools—Cesar Chavez, Monroe, Open Alternative, Washington, and Roosevelt.

When: Monday-Friday, after school until 5:15 or 5:30pm, excluding school holidays and breaks. Program begins August 29.

To register: Registration begins August 4. You must complete a RAP Registration Form for each participant.

See chart below for dates and CLASS code information.

Fee: \$120 per 30 school day session; \$60 per 10-use RAP Drop-in Pass.

Scholarships: Available on a first-come, first-served basis. To apply, complete a RAP Scholarship Application and RAP Registration Form; submit three weeks before participation.

Inclusion/Accessibility: Parks & Recreation welcomes the participation of persons with disabilities in our programs and facilities. Three weeks notice is required. Please provide a specific description of the participant's medical conditions, physical limitations, or special needs on the RAP Registration Form. For more information, contact 564-5421.

Reach for Success! Give your child a rewarding after-school experience!

Added RAP Benefit: RAP participants who sign up for After-school Sports (Fall Flag Football and/or Blacktop Basketball) receive a 20% discount on sports fees. See page 5 and call 564-5495 for details.

Information: 564-5495

Required RAP registration forms and complete program information are available at the City Parks & Recreation office, 620 Laguna St., at the offices of all participating schools or online at www.sbparksandrecreation.com

A-OK! After-School Opportunities for Kids

This after-school education and enrichment program provides academic growth for targeted groups of students. This progressive, youth development collaborative program is cosponsored by Santa Barbara School Districts, Healthy Start, Girls Incorporated and the City of Santa Barbara.

Where: Harding, Cleveland, Franklin, McKinley and Adams Schools

When: Monday-Friday, 2-6pm

To register: Contact your school's Healthy Start office or call 564-5495



Junior High After-School Sports and Recreation Programs

This free program provides after-school sports in a fun, positive recreational setting. See page 5 for fall dates and program details.

RAP Program Session Dates and Codes	School	8/29-10/10 CODE #	10/11-11/22 CODE #	11/28-1/30 CODE #	1/31-3/15 CODE #	3/16-5/10 CODE #	5/11-6/22 CODE #	RAP Drop-In Pass CODE #
	Cesar Chavez	<input type="checkbox"/> 6765	<input type="checkbox"/> 6766	<input type="checkbox"/> 6767	<input type="checkbox"/> 6768	<input type="checkbox"/> 6769	<input type="checkbox"/> 6770	<input type="checkbox"/> 6795
	Monroe	<input type="checkbox"/> 6771	<input type="checkbox"/> 6772	<input type="checkbox"/> 6773	<input type="checkbox"/> 6774	<input type="checkbox"/> 6775	<input type="checkbox"/> 6776	<input type="checkbox"/> 6796
	Open Alternative	<input type="checkbox"/> 6777	<input type="checkbox"/> 6778	<input type="checkbox"/> 6779	<input type="checkbox"/> 6780	<input type="checkbox"/> 6781	<input type="checkbox"/> 6782	<input type="checkbox"/> 6797
	Roosevelt	<input type="checkbox"/> 6783	<input type="checkbox"/> 6784	<input type="checkbox"/> 6785	<input type="checkbox"/> 6786	<input type="checkbox"/> 6787	<input type="checkbox"/> 6788	<input type="checkbox"/> 6798
	Washington	<input type="checkbox"/> 6789	<input type="checkbox"/> 6790	<input type="checkbox"/> 6791	<input type="checkbox"/> 6792	<input type="checkbox"/> 6793	<input type="checkbox"/> 6794	<input type="checkbox"/> 6799

YOUTH SPORTS

Welcome to recreational play! The City's Youth Sports program encourages, supports and coaches young athletes while they develop friendships and compete in a safe and supervised environment. Playing on a team teaches kids how to show up on time, practice, listen, do their best, support their teammates, learn good sportsmanship and feel good about their efforts.

- All leagues are structured to play a 6-game schedule.
- Game scores are not kept for leagues below 4th grade.
- 4th and 5th grade leagues will have a one game playoff if there is a tie for first place at the end of the season.
- Teams will be granted **only one rainout makeup per session**.
- Each participant receives a team jersey.
- Limited scholarships available.

Registration: online at www.sbparksandrecreation.com, in person at 620 Laguna Street or 1118 E. Cabrillo Blvd. or by mail or fax (page 29). For information, please call 564-5422.

Parents—Get involved and volunteer to coach your child's team. Call 897-2534 for more information.

Fall Flag Football: Ages 8-12

Play flag football with your elementary school team. Home games at your campus. Learn the fundamentals of football and share school pride.

Registration deadline: September 20

Where: Various schools and City facilities

Code #	Ages	Day	Time	Dates	Fee	RDC Fee
6623	8-10	varies	after school	9/26-12/2	\$62	\$52
6624	10-12	varies	after school	9/26-12/2	\$62	\$52

Coed Biddy Indoor Basketball: Ages 5-9

Learn the fundamental skills of basketball in a highly energetic, fun environment. Rules and equipment have been modified for maximum fun. **Registration deadline: December 23**

Where: Franklin School indoor gym and/or Westside Boys and Girls Club

When: Weekdays after school. **Fee:** Includes shirt & shorts

Code #	Grade	Ages	Day	Dates	Fee	RDC Fee
6625	K-1	5-7	weekdays	1/9-3/17	\$84	\$70
6626	2-3	7-9	weekdays	1/9-3/17	\$84	\$70

Boys and Girls Blacktop Basketball: Ages 9-12

Represent your school team and have fun with your friends.

Registration deadline: December 23

When: Weekdays afterschool

Where: Blacktop courts at various local elementary schools

Code #	Grade	Ages	Dates	Fee	RDC Fee
6616	boys 4th-5th	9-11	1/9-3/17	\$82	\$68
6617	boys 6th	11-12	1/9-3/17	\$82	\$68
6619	girls 4th-5th	9-11	1/9-3/17	\$82	\$68
6620	girls 6th	11-12	1/9-3/17	\$82	\$68

T-Ball Clinic: Ages 4-5

This program is a unique opportunity for parents to learn about the sport and to prepare to be a volunteer coach in the future! Spend quality active time with your children and learn the fundamentals of t-ball baseball together in this parent-mandatory instructional program.

Where: TBA **Registration deadline: March 31**

Code #	Ages	Day	Time	Dates	Fee	RDC Fee
6621	4-5	Sat	varies	4/10-6/9	\$94	\$78

Coed T-Ball League: Ages 5-7

Play Saturday games with your friends. Emphasis is on fun and skill development. No score is kept. One practice and one game per week.

Where: TBA **Registration deadline: March 31**

Code #	Ages	Day	Time	Dates	Fee	RDC Fee
6622	5-7	Sat & wkdays	varies	4/10-6/9	\$106	\$88

Softball for Girls: Ages 9-12

Softball fundamentals are taught in a nurturing environment. Modified fast-pitch and fast-pitch softball played weekday evenings.

Where: Ortega Park and Santa Barbara High softball fields

Registration deadline: March 31

Code #	Grade	Ages	Time	Dates	Fee	RDC Fee
6628	4th-6th	9-12	wkday eves	4/10-6/9	\$106	\$88

PONY League Baseball: Ages 8-14

Cosponsored by the City of Santa Barbara

Take the next step. This program offers years of baseball coaching experience at the youth level. Four age-based divisions: Coach-Pitch (8-9) Mustang (9-10); Bronco (11-12); Pony (13-14).

Information: Ken Doss at 898-4304

Russ Morrison Jr. Junior Golf Program: Ages 7-17

See page 22 for more information.

Junior High After-School Sports and Recreation Programs

Jointly sponsored by the City of Santa Barbara and the Santa Barbara School Districts, this free program provides after-school sports in a fun, positive recreational setting. Includes flag football, volleyball, basketball, soccer, cross country, and track and field for skill development and fun.

Where: Santa Barbara, La Colina, La Cumbre and Goleta Valley Junior High Schools **Information:** 564-5495

See schedule and codes below for Fall Program from September 12 through October 17. Check eRecreation online for winter and spring schedules and codes.

Jr. High After School Sports Fall schedule 9/12-10/17	School	Boys Flag Football Code	Girls Flag Football Code	Girls Volleyball Code
	Goleta Valley	<input type="checkbox"/> 7265	<input type="checkbox"/> 7269	<input type="checkbox"/> 7273
	La Colina	<input type="checkbox"/> 7266	<input type="checkbox"/> 7270	<input type="checkbox"/> 7274
	La Cumbre	<input type="checkbox"/> 7267	<input type="checkbox"/> 7271	<input type="checkbox"/> 7275
	Santa Barbara	<input type="checkbox"/> 7268	<input type="checkbox"/> 7272	<input type="checkbox"/> 7276

YOUTH TENNIS & AQUATICS

Pee Wee Tennis: Ages 4-6

Tennis is a sport for kids to learn early in life. Basic eye/hand coordination and exposure to stroke production is taught through the use of on-court games. All classes are taught by a USPTA certified instructor.

Class size: Four to six students

Where: Las Positas and Municipal Tennis Courts

When: Dates and times vary, see page 21 for schedule of classes

Fee: \$46/\$38 with Resident Discount Card for 4 classes.

To register: online, at 620 Laguna Street or by mail or fax (page 29)

Information: 564-5517

Tennis Classes: Ages 7-17

Students learn much more than just the fundamentals in these group lessons. Sportsmanship, problem solving, social skills and responsibility are just some of the additional life skills that tennis offers. All classes are taught by a USPTA certified instructor.

Class size: Four to six students

Where: Las Positas and Municipal Tennis Courts

When: Dates and times vary, see page 21 for schedule of classes

Fee: \$46/\$38 with Resident Discount Card for 4 classes

To register: online, at 620 Laguna Street or by mail or fax (page 29)

Information: 564-5517

Saturday Clinics: Ages 7-17

Drop in any Saturday morning and find out from a professional instructor what the game of tennis is all about. All equipment is provided; just bring yourself and be ready to have fun!

Where: Municipal Tennis Center

When: Saturdays, 10am-noon

Fee: First time free, then \$7/clinic (financial assistance available)

Information: 564-5517

Advanced Drills: Ages 7-17

Fast-paced, fun, competitive high performance workout for the tournament minded athlete. Intermediate-Advanced levels. Players will be separated into appropriate playing groups. Class size: 4-12 students.

Where: Las Positas Tennis Courts

When: Wednesdays, 4-5:30pm or Saturdays, 9-10:30am (see pg. 21 for class schedule)

Fee: \$78/\$65 with RDC

To register: online, at 620 Laguna, mail or fax (page 29)

Information: 564-5517

Private Tennis Lessons

You set the time and place for individual or group instruction with our USPTA/PTR certified professionals.

To register: 564-5338 or 564-5517 **Information:** 564-5517

Independent P.E.

Students may be able to play tennis as an independent athletic activity through their school. Players should contact instructors directly at the Las Positas Tennis courts.

Youth Tennis League: Grade 3-Junior High

Need a new friend to play against? Join Junior Team Tennis! Third graders through junior high school are matched to play on courts throughout Santa Barbara. Various levels of playing ability offered.

When: March 6 **To register:** January 16-27

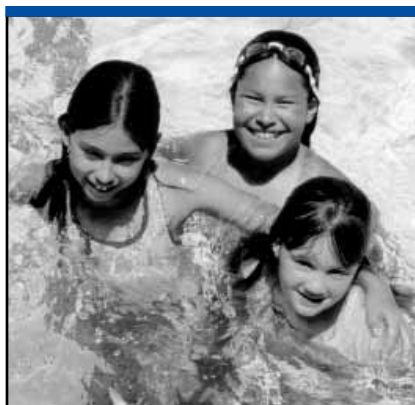
Information: 965-9510 or www.sbtennispatrons.com

S.B. Tennis Patrons Jr. Tournaments: Ages 8-18

Cosponsored by the City of Santa Barbara

21th Annual Santa Barbara Junior Tournament, January 21-22, 2006

Information: 965-9510 or www.sbtennispatrons.com



After-School Learn to Swim: Ages 4-7

Non-swimmers and beginners learn to swim for safety at Ortega Park Pool.

Where: 600 N.

Salsipuedes Street

Information: 966-6110

Code	Day	Time	Dates	Fee	RDC Fee
6757	M-F	4:05-4:35pm	9/6-9/16	\$51	\$41
6758	M-F	4:45-5:15pm	9/6-9/16	\$51	\$41
6759	M-F	5:20-5:50pm	9/6-9/16	\$51	\$41
6760	M-F	4:05-4:35pm	9/19-9/30	\$56	\$46
6761	M-F	4:45-5:15pm	9/19-9/30	\$56	\$46
6762	M-F	5:20-5:50pm	9/19-9/30	\$56	\$46

* No class on 9/5

Free Recreation Swim: Ages 7 and under

Come relax, have fun, stay cool and enjoy the fresh air! Children must wear bathing suits. Children not potty-trained must wear non-disposable swim diapers and be accompanied by a parent or guardian. Please follow the pool rules. Hours open below, weather permitting. 966-6110.

Oak Park Wading Pool, 300 W. Alamar Avenue

Daily through September 5: 11am-5pm

From September 6-25: weekdays 2-5 pm; weekends 11am-5pm

Santa Barbara Swim Club: Ages 5-21

Provided by the Santa Barbara Swim Club

Swimmers can improve technique and develop new friendships and team camaraderie with the opportunity to compete.

Where: Los Baños Pool, 401 Shoreline Drive

When: June 18-August 27: Mon-Fri, 8-10am & 4-6pm; Sat. 7-10am

Starting August 29: Mon-Fri, 3-6pm; Sat. 7-10am

Information: Call 966-9757 to schedule with coaches

YOUTH DANCE

Children enjoy expressing their creativity and energy in the positive, nurturing environment of our classes. Making new friends and developing self-confidence is part of the fun along with improving rhythm and increasing self-confidence and coordination. Sessions are held at the Carrillo Recreation Center, 100 E. Carrillo Street. Register online at www.sbparksand recreation.com, by mail or fax (pg. 29), in person at 620 Laguna Street, or sign up at the first class (open until filled). Information: 897-2519

Mommy and Me: Ages 2 1/2-4

A wonderful first dance and music experience and a great opportunity for moms and dads to bond with their child. Daughters can dress like fairy princesses; boys can wear anything comfortable. Moms/dads learn to dance and sing together. This class will bless anyone's heart!

Instructor: Gayle Molitor, 897-1115 or 897-2519

email: blessedwithdance@netscape.com

Code	Day	Time	Dates	Fee	RDC fee
7066	Mon	2:15-2:50pm	9/26-10/31	\$60	\$50
7067	Mon	2:15-2:50pm	11/7-12/12	\$60	\$50
7068	Mon	2:15-2:50pm	1/9-2/13	\$50	\$40*
7069	Mon	2:15-2:50pm	2/27-3/27	\$50	\$40**

Fee includes one parent and child *no class 1/16 **no class 2/20

Children's Creative Dance: Ages 3-5

Children receive support for their unique creative talents using movement concepts, stories, drawings, musical instruments, and props to enhance the child's sense of total well being.

Instructor: Marilee Krause 967-3293 or 897-2519

Code	Day	Time	Dates	Fee	RDC Fee
7070	Thur	3-3:40pm	9/29-11/3	\$60	\$50
7071	Thur	3-3:40pm	11/10-12/22	\$60	\$50*
7072	Thur	3-3:40pm	1/5-2/9	\$60	\$50

Drop-in fee \$12/\$10 with RDC *no class 11/24

Children's Creative Dance: Ages 5-8

Creative dance enhances a child's sense of total well being. Children receive support for their unique creative talents using movement, stories, drawings, musical instruments, props and more.

Instructor: Marilee Krause 967-3293 or 897-2519

Code	Day	Time	Dates	Fee	RDC Fee
7073	Thur	3:45-4:30pm	9/29-11/3	\$60	\$50
7074	Thur	3:45-4:30pm	11/10-12/22	\$60	\$50*
7075	Thur	3:45-4:30pm	1/5-2/9	\$60	\$50

Drop-in fee \$12/\$10 with RDC *no class 11/24

Tap & Jazz Dance: Ages 5-8

Students learn to tap and jazz dance to a choreographed routine and act out a song. This is a beginner class for children who love to perform. Performing is optional.

Instructor: Gayle Molitor, 897-1115 or 897-2519

email: blessedwithdance@netscape.com

Code	Day	Time	Dates	Fee	RDC fee
7206	Mon	3-3:50pm	9/26-10/31	\$60	\$50
7209	Mon	3-3:50pm	11/7-12/12	\$60	\$50
7212	Mon	3-3:50pm	1/9-2/13	\$50	\$40*
7213	Mon	3-3:50pm	2/27-3/27	\$50	\$40**

Drop-in fee \$12/\$10 with RDC *no class 1/16 **no class 2/20

Ballet 1: Ages 4-6

Budding ballerinas learn the basics of ballet with balance, turns and leaps, and dances from fairy tales such as Little Red Riding Hood, Puss & Boots and The Little Mermaid.

Instructor: Susan Manchak, 964-4461 or 897-2519

Attire: Leotard and tights (any color) & ballet slippers

Code	Day	Time	Dates	Fee	RDC Fee
7080	Fri	3:30-4:30pm	9/30-11/4	\$60	\$50
7081	Fri	3:30-4:30pm	11/11-12/16	\$60	\$50
7082	Fri	3:30-4:30pm	1/6-2/10	\$60	\$50
7083	Fri	3:30-4:30pm	2/17-3/24	\$60	\$50

Drop-in fee \$12/\$10 with RDC

Ballet 2: Ages 7-10

Young dancers learn to combine the fundamentals of ballet lines, positions, turns and leaps into combinations and dances from the classics, including character dances from Swan Lake and Coppelia.

Instructor: Susan Manchak, 964-4461 or 897-2519

Attire: Leotard and tights (any color) & ballet slippers

Code	Day	Time	Dates	Fee	RDC Fee
7084	Fri	4:30-5:30pm	9/30-11/4	\$60	\$50
7085	Fri	4:30-5:30pm	11/11-12/16	\$60	\$50
7086	Fri	4:30-5:30pm	1/6-2/10	\$60	\$50
7087	Fri	4:30-5:30pm	2/17-3/24	\$60	\$50

Drop-in fee \$12/\$10 with RDC



Introduction to Jazz & Disco: Ages 9-14

Want to join in the fun? Try this beginner class and learn to dance using jazz and disco movements.

Instructor: Gayle Molitor, 897-1115 or 897-2519

email: blessedwithdance@netscape.com

Attire: Jazz pants or comfortable clothing. Jazz shoes should be purchased by the second class.

Code	Day	Time	Dates	Fee	RDC Fee
7201	Thur	3-3:55pm	9/29-11/3	\$60	\$50
7202	Thur	3-3:55pm	11/15-12/15	\$50	\$42*
7203	Thur	3-3:55pm	1/5-2/9	\$60	\$50
7204	Thur	3-3:55pm	2/16-3/23	\$60	\$50

Drop-in fee \$12/\$10 with RDC *no class 11/24



Line Dance for Teenage Girls & Women

Take a class with your daughter! Line dancing, Country-Western, Motown, Latin, disco and jazz to choreographed

routines. **Instructor:** Gayle Molitor, 897-1115 or 897-2519

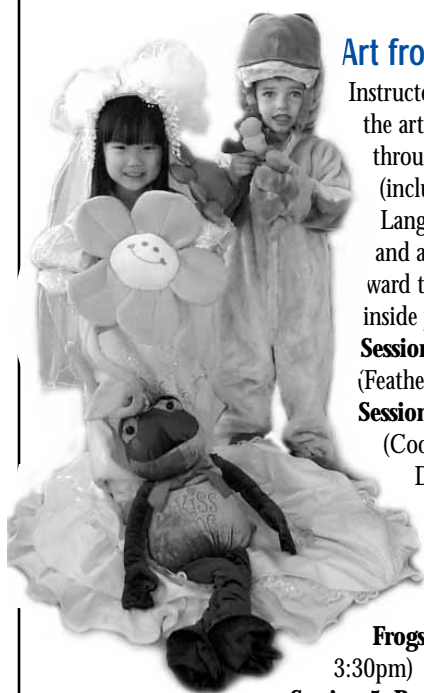
email: blessedwithdance@netscape.com

Code	Day	Time	Dates	Fee	RDC Fee
7060	Thur	4-4:55pm	9/29-11/3	\$60	\$50
7061	Thur	4-4:55pm	11/10-12/15	\$50	\$42*
7199	Thur	4-4:55pm	1/5-2/9	\$60	\$50
7200	Thur	4-4:55pm	2/16-3/23	\$60	\$50

*no class 11/24

Try beginning youth classes FREE during our Open House Week, September 9-23. See page 3.

YOUTH ARTS & ENRICHMENT



Art from the Heart: Ages 3-7

Instructor Karen Putnam will spark the art inspiration in your child through face painting, story telling (including basic American Sign Language), drama, dance, music and art projects. Karen looks forward to stirring up those artistic gifts inside your child.

Session 1: Fall, Flowers & Feathers (Feathery Tea Party, Oct 26, 3:30pm)

Session 2: Gingerbread Cookies

(Cookie Party Presentation

Dec 7, 3:30pm)

Session 3: Valentine U R

Loved (Valentine Presentation Feb 8, 3:30pm)

Session 4: Princesses &

Frogs (Presentation March 22, 3:30pm)

Session 5: Bears & Bunnies (Honor

Mothers @ this Teddy Bear Tea Party May 3, 3:30pm)

Instructor: Karen Putnam has taught art, dance, and music to children of all ages and abilities, as well as coached the Special Olympics. Her passion is to bring out the many gifts of art in children.

Where: Carrillo Recreation Center, 100 E. Carrillo St., Studio 1

Fee: \$12 materials fee per student. Session fees below.

Information: 966-9078 or 897-2519; artfrom_theheart@hotmail.com

Five-week sessions; two times to choose from, all on Wednesdays:

Code	Session	Wednesdays/Time	Dates	Fee	RDC fee
7088	Feathers	2:15-3:15pm	9/28-10/26	\$65	\$55
7089	Feathers	3:30-4:30pm	9/28-10/26	\$65	\$55
7090	Cookies	2:15-3:15pm	11/9-12/7	\$65	\$55
7091	Cookies	3:30-4:30pm	11/9-12/7	\$65	\$55
7092	Valentine	2:15-3:15pm	1/11-2/8	\$65	\$55
7093	Valentine	3:30-4:30pm	1/11-2/8	\$65	\$55
7094	Frogs	2:15-3:15pm	2/22-3/22	\$65	\$55
7095	Frogs	3:30-4:30pm	2/22-3/22	\$65	\$55
7097	Bears	2:15-3:15pm	4/5-5/3	\$65	\$55
7098	Bears	3:30-4:30pm	4/5-5/3	\$65	\$55

NEW

Art from the Heart for Babies & Toddlers: Ages 1-3 years

Grandparents are encouraged to attend and enjoy movement, play and American Sign Language in these intergenerational classes promoting early education and vocabulary development. Wednesday mornings at the Carrillo Recreation Center from 10-10:50 or 11-11:50. Call Karen Putnam for more information at 966-9078.

Above photo: Ethan Whetter plays the part of the blind frog who can see the beauty of Princess Camile Phuong because he sees with the eyes of his heart. Photo by Karen Putnam.

NEW

Berlitz Language Programs: Ages 4-8

Teach your children Spanish or French in a fun-filled, comfortable learning environment. Berlitz Kids™ instructors, through a joint venture with Children's Television Workshop, deliver stimulating and dynamic lessons through a variety of activities. Using a communicative approach, students are able to converse, sing songs, play games, and take part in small role-plays according to their age level. Native-fluent instructors give students the opportunity to learn authentic pronunciation and gain a broader perspective in cultural awareness.

Where: MacKenzie Park Lawnbowls Club House, Las Positas & McCaw

Fee: See below plus \$25 materials fee per child. 8 child minimum/class. No drop-ins. **Information:** 962-3020

• Berlitz Kids™ Sesame Español

Code	Ages	Day	Time	Dates	Fee	RDC fee
7253	4-5	Tues	2:30-3:30pm	9/20-11/22	\$185	\$155
7254	6-8	Tues	3:30-4:30pm	9/20-11/22	\$185	\$155

• Berlitz Kids™ Sesame Français

Code	Ages	Day	Time	Dates	Fee	RDC fee
7255	4-5	Thur	2:30-3:30pm	9/15-11/17	\$185	\$155
7256	6-8	Thur	3:30-4:30pm	9/15-11/17	\$185	\$155

KidzArt: Ages 6 and up

A KidzArt class will take your child's creativity to new heights. This drawing-based art program encourages students to create original work while experimenting with a wide variety of media. Art projects incorporate printmaking, hand-built clay, weaving, sculpture, and paper and canvas creations using high-quality artist media. KidzArt classes challenge the artistic student and reach kids who never thought they could create works of art.

Where: MacKenzie Park Adult Bldg., Las Positas & McCaw Ave.

Code	Day	Time	Dates	Fee	RDC fee
7099	Thur	3:30-5pm	9/29-11/3	\$90	\$78
7100	Thur	3:30-5pm	11/10-12/22	\$90	\$78*
7101	Thur	3:30-5pm	1/5-2/9	\$90	\$78
7102	Thur	3:30-5pm	2/16-3/23	\$90	\$78

*no class 11/24



NEW

Baby & Mom Classes

Nurture the parent-infant bond with parent-infant dance movement therapist Becky Brittan, MA PhD.c.

Where: Carrillo Recreation Center 100 E. Carrillo

Information: 681-6381 www.motheringcoach.com or 897-2519

- Shake Rattle and Rollover for parent and baby 4-6 months
Code #7249 Thurs, 10-10:45am, 9/29-11/3, \$60/\$50
- Babies on the Move for parent and baby 9-12 months
Code #7241 Thurs, 11-11:45am, 9/29-11/3, \$60/\$50
- Baby Dance/Baby Sing for parent and baby 6-8 months
Code #7250 Thurs, 10-10:45am, 1/5-2/9, \$60/\$50
- Toddler two-step for parent and child (2 years)
Code #7251 Thurs, 11-11:45am, 1/5-2/9, \$60/\$50

YOUTH CERAMICS

Ceramics teaches kids new skills, encourages creativity, and develops self-confidence. Classes are small, allowing students to receive individual help from instructors Catherine Vallance and Lisa Howard Hoffman. Workshops are held at Chase Palm Park Arts & Crafts Center, 234 East Cabrillo Boulevard. Register online at www.sbparksandrecreation.com, by mail or fax (page 29), or in person at 620 Laguna Street. For more information, call 897-1982. Note: Catherine Vallance teaches all classes except where indicated.

Throwing on the Potter's Wheel: Ages 8-18

Learn to use the ceramic studio tools in the challenging and rewarding art of making pottery on the wheel. Artists will do hand building and learn about glazing and firing wares. Limited to 10 students.

Code #	Day	Time	Date	Reg. deadline	Fee	RDC Fee
7103	Wed	3:30-5:15pm	9/14-10/5	9/9	\$109	\$92
7104	Wed	3:30-5:15pm	11/23-12/14	11/18	\$109	\$92
7105	Wed	3:30-5:15pm	1/11-2/1	1/6	\$109	\$92

Clay Animals Workshop: Ages 7-14

Children will create a variety of animals/creatures and their respective environments using different hand-building techniques.

Code #	Day	Time	Date	Reg. deadline	Fee	RDC Fee
7106	Sat	9:30-11am	9/17-10/8	9/12	\$109	\$92

Halloween Clay Workshop: Ages 7-12

Kids create their own Halloween fun or scary fantasies in clay. Hand-building projects will be fired for display by Halloween, October 31. Make goblins, black cats, witches, pumpkins and more.

Code #	Day	Time	Date	Reg. deadline	Fee	RDC Fee
7107	Sat	9:30-11am	10/15	10/7	\$27	\$22

Tile Making Workshop: Ages 7-14

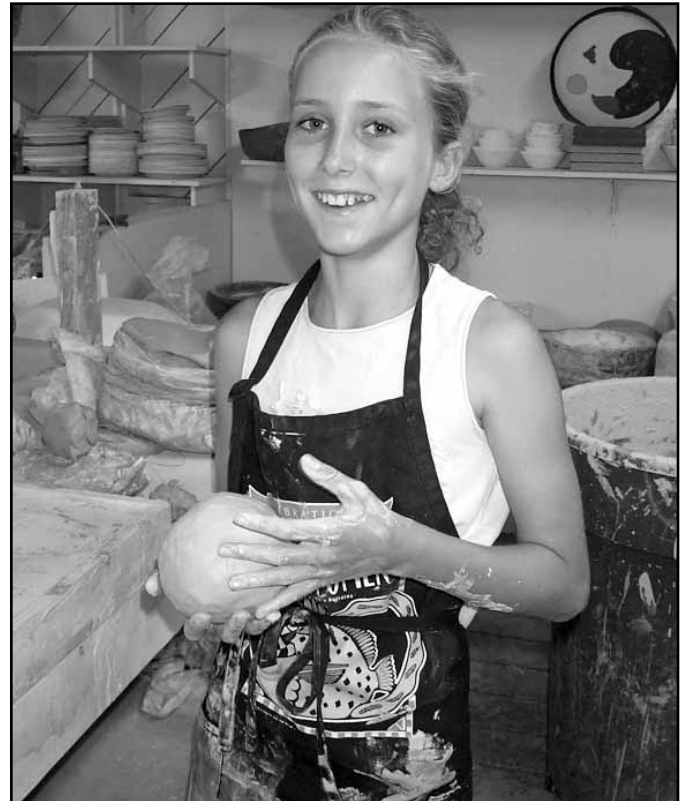
In this three-session class, artists will make various tile pieces: a large Georgia O'Keefe style tile, a figurative relief file project and more.

Code #	Day	Time	Date	Reg. deadline	Fee	RDC Fee
7108	Wed	3:30-5:15pm	10/12-11/2	10/7	\$109	\$92
7109	Wed	3:30-5:15pm	2/8-3/1	2/1	\$109	\$92

NEW Family Clay Workshops

One day Saturday Workshops. For a special fun weekend project family members come together to create ceramic pieces. Projects are tailored to the interest of the group. No experience necessary. Fee listed is per person.

Code #	Day	Time	Date	Reg. deadline	Fee	RDC Fee
7110	Sat	9:30-11am	11/5	11/1	\$27	\$22
7111	Sat	9:30-11am	11/19	11/14	\$27	\$22
7112	Sat	9:30-11am	12/10	12/5	\$27	\$22
7113	Sat	9:30-11am	1/21	1/16	\$27	\$22
7114	Sat	9:30-11am	2/25	2/20	\$27	\$22
7115	Sat	9:30-11am	3/11	3/6	\$27	\$22
7116	Sat	9:30-11am	3/25	3/20	\$27	\$22



Ceramics is popular with kids of all ages. Photo by Catherine Vallance.

Winter Solstice Ceramics Workshop: Ages 7-12

Take note of the season's change by making individual creations relating to winter-like themes in nature: bears, snowy forests, pinecone sculptures, holiday trees, reindeer, etc.

Code #	Day	Time	Date	Reg. deadline	Fee	RDC Fee
7117	Sat	9:30-11:30am	12/17	12/9	\$27	\$22

Valentines Clay Creations

Creativity is encouraged in this one-of-a-kind workshop in which students celebrate Valentine's Day by fashioning gifts and art from clay.

Code #	Day	Time	Date	Reg. deadline	Fee	RDC Fee
7118	Sat	9:30-11:30am	2/4	1/27	\$27	\$22

Girl Scout and Boy Scout Ceramic Workshops

Earn ceramics badges by making clay sculptures and containers. Learn forming, decorating, kiln loading and firing techniques.

Instructor: Lisa Howard-Hoffman

Fee: \$100 up to 15 participants, 1.5 hours (\$5 per student beyond 15 students) **To register:** Call 897-1982 to schedule

CREATE YOUR OWN CLASS!

If you and/or your children are interested in forming your own class or workshop, please contact Cultural Arts at 897-1982. Some ideas include adult and children specialty classes and birthday parties etc. Private throwing lessons are also available.

TEEN PROGRAMS

(805) 897-2650

GET CONNECTED

www.sbparksandrecreation.com/teens

Leadership Opportunities for Teens
Need Community Service Hours? Want to Make a Difference?
Be Part of the Solution!

Have your voices heard and gain valuable experience connecting with the adult world through our programs below.

Join the Santa Barbara Youth Council or ADAP (Alcohol & Drug Abuse Prevention.)

Serve as a Youth Intern on adult advisory boards or join the Teen Center Planning Committee.

All programs offer community service hours. Some programs pay a monthly stipend.

Applications are available online at www.sbparksandrecreation.com/teens,
by calling 897-2650 or at the Teen Programs office, 100 East Carrillo Street.

COMING SOON COMING SOON COMING SOON COMING SOON COMING SOON

TEEN CENTER
INTERNET CAFE • RECORDING STUDIO • ARCADE • LOUNGE

**WIN MONEY?!
IT'S EASY ALL YOU HAVE TO DO IS
NAME THE TEEN CENTER
BE ON THE LOOK OUT FOR CONTEST BOXES ALL AROUND TOWN!**

JOIN THE TEEN CENTER
PLANNING COMMITTEE
PLAN & DESIGN YOUR NEW HANGOUT
FUN & EASY COMMUNITY SERVICE HRS!
1235 CHAPALA ST.

COMING SOON COMING SOON COMING SOON COMING SOON COMING SOON

The Alley Teen Lounge & Study
at 100 E. Carrillo Street.

Today's Teen Center Alternative.

Hang out or get help with homework
at the Alley. PS2, XBox, Internet,
computers, tutoring and more.

Call 897-2650 for days/hours of operation.

TEEN PROGRAMS

Parties & Concerts



EVERY 2ND FRIDAY, EVERY MONTH

EXCLUSIVE PARTIES FOR
JR. HIGH STUDENTS ONLY!
COME PARTY WITH THE BEST
DJ'S IN TOWN!

7:30pm - 10:30pm
\$5 @ DOOR

SCHOOL I.D. REQUIRED
DRESS CODE ENFORCED

2005

SEPT. 9TH

OCT. 14TH

NOV. 11TH

DEC. 9TH

2006

JAN. 13TH

FEB. 10TH

MAR. 10TH

Funky 4th Fridays

Experience something NEW—look for our future Swing & Salsa parties, exclusive High School parties and live concerts on December 23, January 27 and March 24
\$5-\$10 • 8pm-midnight • Only @ the REC

New Year's Eve Bash

We'll be ringing in the New Year the only way we know how—with the biggest New Year's bash just for teens on Saturday, December 31
\$5 • 8pm-1am • Only @ the REC

Teen Events

CAN YOU ESCAPE THE
HAUNTED HOUSE OF
HORRORS
October 28th & 29th 7pm-9:30pm Venue TBD
ATTENTION Youth & Teen Agencies!
Be a part of a great fundraising event
ADOPT & BUILD A ROOM w/ your teens!

Junior High After-School Sports and Recreation Programs

Jointly sponsored by the City of Santa Barbara and the Santa Barbara School Districts, this program provides after-school sports in a fun, positive recreational setting. Includes flag football, volleyball, basketball, soccer, cross country, and track and field for skill development and fun.

Where: Santa Barbara, La Colina, La Cumbre and Goleta Valley Junior High Schools **Information:** 564-5495

See page 5 for fall dates and CLASS codes.

Line Dancing for Teen Girls and Women

See page 17

Winter Break Excursions:

All excursions start and end at the Carrillo Recreation Center, 100 E. Carrillo Street. For information, call 897-2560.

Girls Night • Wednesday, December 21

Come pamper yourself all night with professional manicures, pedicures and facials. Or just check out the chick flicks and popcorn. Either way—it's your night!

Time: 6-9pm **Code:** 7258 **Fee:** \$7/\$5 with Resident Discount

Six Flags Magic Mountain • Wednesday, December 28

Time: 9:30am-9pm **Code:** 7257 **Fee:** \$36/\$30 with Resident Discount

Black History Month • Friday, February 24

Black Teen Expo with entertainment, arts, and soul food. Learn and explore the world of African-Americans past, present, and future.

Time: TBD **Location:** 100 E. Carrillo Street

Watch for these upcoming Teen events:

Color Me Pretty

A program for teen girls who want to learn about skin care, makeup application, self-esteem and nutrition. Be a beautiful person inside and out!

Lakers Games

Cheer on the Lakers at the Staples Center as their pre-season games get underway. This All-Star team wants YOU, the ultimate Lakers fan, cheering them on as they prepare for yet another great season.

ADULT AQUATICS

Adult Lap Swim

Stay fit swimming year-round in our heated outdoor 50-meter pool. Swimming ability and speed designates lane. Weight room use included during paid admittance to swim hours. Monthly locker rental available to store your gear.

Information: 966-6110

When: Through August 28: Mon-Fri 7-8am, 12-1:30pm, 7:15-8:15pm; Weekends & Holidays 11:30am-1pm

Starting August 29: Mon-Fri: 7:30-9am, 12-2pm, 7:15-8:15pm; Weekends: 12-2pm

To register: Walk in at Los Baños Pool, 401 Shoreline Drive

Card Type	Fee	Fee with RDC
Daily visit	\$5	\$4
16-Visit Adult Punchcard	\$52	\$44
16-Visit Senior Punchcard	\$36	\$32
Unlimited Adult Monthly Pass	\$52	\$44
Unlimited Senior Monthly Pass	\$36	\$32
Locker rental 2 ft.	\$8	\$5
Locker rental 3 ft.	\$12	\$10

Cabrillo Pavilion Bathhouse

1118 East Cabrillo Boulevard (oceanside) • 897-2680



This oceanfront facility is one of the best-kept secrets in town and is open to the public. A prime location for adult group activities such as ocean swimming, running, walking and Nooner's Volleyball, it offers warm showers, lockers, a weight room, beach wheelchair and volleyball rental. No membership required; pay by the day or purchase a 15-visit punch card or monthly unlimited use card. See fee grid below for prices. Monthly locker rental available.

Hours: 8am-5pm Monday-Friday; 11am-4pm weekends and holidays.

Card Type	Fee	Fee with RDC
Daily visit	\$4	\$3
15-Visit Adult Punchcard	\$52	\$44
15-Visit Senior Punchcard	\$36	\$32
Unlimited Adult monthly pass	\$52	\$44
Unlimited Senior monthly pass	\$36	\$32
Small Locker rental/month	\$12	\$10
Walk-in Locker rental/month	\$35	\$28

The East Beach Grill

Start your day at the beach! Order up a salsa omelette or a stack of wheat germ pancakes. Take a beach lunch break—or catch a sunset dinner.

Hours: Monday-Friday: 6am-9pm; Weekends: 7am-9pm

American Red Cross Water Safety Instruction

Ages 17+

A great opportunity to learn teaching techniques, stroke development, swimming skills, course content and pool safety procedures in preparation for learn to swim and some safety classes. Certification in Fundamentals of Instructor (FIT) is included. Prerequisite is a current lifeguard certificate, or pretest with instructor's approval. Books and study guide need to be picked up two weeks prior to first day of class.

Instructor: Rich Hanna

When: TBD **To register:** Pre-registration is required at Los Baños Pool beginning March 1, 2006 **Information:** 966-6110

American Red Cross Lifeguard Training & Review

Both programs below meet at Los Baños Swimming Pool.

Information: 966-6110

• American Red Cross Lifeguard Training **Ages 15 and Over**

This class meets the lifeguarding portion of the California State requirement. Upon successful completion of course work, students will receive certifications in CPR for Professional Rescuer, First Aid, and Lifeguarding. Books and study guide need to be picked up two weeks prior to first day of class.

Instructors: Rob Thomas and Rich Hanna

When: Weekdays 6-9pm, Weekends 1-6pm; dates TBD

To register: Pre-registration is required at Los Baños Pool beginning March 1, 2006

• American Red Cross Lifeguard Review/Challenge Course

Participants must possess recently expired or current Lifeguard certificate.

Instructors: Rob Thomas and Rich Hanna

When: Weekdays 6-10pm, Weekends 1-6pm; dates TBD

Aquatic Employment Opportunities

Start planning now for a rewarding summer job! Contact our offices in early spring 2006 for information on the application, interview and training process. Priority for job placement given to candidates who test at earlier dates.

Beach Guard Testing—2006 dates TBD; Cabrillo Bathhouse

Swim Instructor, Pool Guard and Aquacamp Counselor Testing—2006 dates TBD, Los Baños Pool

Information: Los Baños 966-6110; Cabrillo Bathhouse 897-2680

Masters Swim

Provided by Santa Barbara Swim Club

Coached workouts weekday mornings and evenings.

When: June 17-Aug. 28: Mon-Fri 5:45-7am and 6-7:15pm; Sat. 10-11:30am. **Starting August 29:** Mon-Fri 6-7:30am and 6-7:15pm; Sat. 10am-12noon.

To register: Sign up at Los Baños Pool, 401 Shoreline Drive

Information: 966-9757

ADULT AQUATICS & SPORTS

Try the Carrillo Street Gym!

Clean locker rooms, showers, free weights and universal machines in the heart of downtown Santa Barbara! A piece of sports history reminiscent of inner-city gymnasiums of long ago, the Carrillo Street Gym is a grand old gym and a City landmark. Programs below are \$4/visit or \$64 for a 20-session punch card or \$5/\$77 without a Resident Discount Card. The gym is also available to rent, starting at \$37/hour.

Open Basketball: Monday, Wednesday and Friday from 12 noon-2pm. Tuesday & Thursday from 11:30am-1:30pm; Monday night from 8-10pm

40+ Open Basketball: Tuesday night from 7-9pm

Information: 897-2519

Late Summer Class—

Ocean Lifeguard Boot Camp: Ages 16+

If you've ever wondered what it takes to be an Ocean Lifeguard or you are just looking for a different fitness challenge, then this course is for you! This program will push you to a new physical limit while providing instruction in ocean swimming, safety, rescues, marine injuries and understanding ocean conditions. Participants must pass a prerequisite swim test consisting of a 500-meter swim in 12 minutes or less and retrieval of a 10lb brick from 10ft of water. First two nights of class will meet at Los Baños Pool from 6:30-9:30pm for testing and rescue technique orientation.

Where: Los Baños Pool. **Information:** 966-6110

Code	Day	Time	Dates	Fee	RDC Fee
5811	M, Th Sat	5:30-7:30pm 9am-12noon	8/22-9/17	\$120	\$100



PlyoCity—Plyometric & Agility Workout at East Beach: Ages 8-50

If you're looking for a new and challenging workout, you'll want to check this out! The PlyoCity workout is unlike anything you've ever done before. You will improve your quickness, agility, cardiovascular development and overall athleticism. This 10-level workout allows each athlete to challenge themselves accordingly. Train with your spouse, friend or kids. A high-intensity, low-impact workout designed to help prevent injuries... and it's a lot of fun! Session fees below. Drop-in \$12/\$10.

Code	Day	Time	Dates	Fee	RDC Fee
7064	Mon/Wed	5:30-6:30pm	9/7-9/28	\$63	\$52
7065	Mon/Wed	5:30-6:30pm	10/3-10/26	\$63	\$52

Community First Aid—see page 14

Coed Ultimate Frisbee

Got the itch to throw the disc! No, it's not folf (frisbee golf), it's ULTIMATE!

League size: 5 team leagues; 8 game season

When: Wednesdays, September 7-mid November 2005

To register: Sports Office, 1118 E. Cabrillo Blvd., weekdays, 8am-5pm

Registration deadline: August 26

Fee per game: \$44/\$36 with RDC

Information: 564-5422

Fall Volleyball Leagues

Satisfy your competitive edge and reduce stress. Local gyms are used for men's, coed and women's indoor volleyball for players of all levels.

When: Leagues begin September 26 and play through December 2005

To register: Sports Office, 1118 E. Cabrillo Blvd., weekdays 8am-5pm

Registration deadline: September 16

Fee per game: \$32/\$27 with RDC **Information:** 564-5422

Fall Basketball League

Rebound, outlet, push it up, score against local men and women hoopsters at all levels.

When: September 26-December 2005

League size: 5-team leagues; 8-game season

To register: Sports Office, 1118 E. Cabrillo Blvd., weekdays 8am-5pm

Registration deadline: September 15

Fee per game: \$64/\$53 with RDC **Information:** 564-5422

Fall Softball Leagues

Major League Softball (MLS) offers levels of play for everyone! Play with the same gender or join coed forces for great competition. If interested in participating, call 1-800-913-7889 x 3.

Beach Volleyball: Ages 16+

Hit the famous sands of East Beach with instructor Brant Lee, locally-acclaimed athlete, professional and current Santa Barbara Masters Champion. Learn correct ball handling, passing, setting, hitting and court strategy of doubles and six-man play in this fun class.

Where: East Beach Volleyball Courts

Information: 897-2680

Code	Day	Time	Dates	Fee	RDC Fee
5879	Tues/Thur	5:30-7:30pm	9/6-9/28	\$66	\$55

Private Beach Volleyball Lessons

George Richardson provides in-depth instruction on passing, side-out, setting and defense. Working one-on-one allows participants to learn sophisticated strategies for defense and offense. Monday-Thursday, 6:30am-12noon at East Beach. Call 897-2680 to schedule.

Fee: \$50/hour

ADULT ENRICHMENT

Register online, by mail or fax (pg. 29), in person at 620 Laguna Street or at the first class (space permitting)

DOG OBEDIENCE

Enjoy your dog and the rewards of obedience training. All breeds are welcome, but dogs must be at least 4 months old. Dog owners must be at least 12 years old. Classes held at MacKenzie Park, at the intersection of State and Las Positas. Please bring your dog on a 6-foot cotton web lead for the Manners course and a 15-foot lead and a choke chain collar (available at pet stores) for *Obedience* course. Make-up classes for rain-outs or holidays are on the following Tuesdays at same time.

Instructor: John Oberholtzer **Information:** 962-2834 or 897-2519

• Manners/Problem Solving

Teach your dog some manners! Course addresses playful biting, barking, licking, jumping, chewing, running through doors, jumping on furniture, boundaries, potty training/house training, walking on leash without pulling, etc. All training is done on lead. **Please note:** First class will be 90 minutes in length. Following classes will be an hour in length. Class limited to 18 dogs.

Code	Day	Time	Dates	Fee	RDC Fee
7126	Thur	6-7pm	9/29-10/13	\$65	\$57
7127	Thur	6-7pm	12/1-12/15	\$65	\$57
7128	Thur	6-7pm	12/29-1/12	\$65	\$57
7129	Thur	6-7pm	3/2-3/16	\$65	\$57
7130	Thur	6-7pm	3/23-4/6	\$65	\$57

• Obedience

Prerequisite: *Manners/Problem Solving* course

Class includes learning sit, stay, heel, come, beginning off leash and the use of visual hand signals. **Please note:** First class will be 90 minutes in length. Following classes will be an hour in length. Class limited to 18 dogs.

Code #	Day	Time	Dates	Fee	RDC Fee
7131	Thur	6-7pm	10/20-11/17	\$64	\$53 (5-weeks)
7132	Thur	6-7pm	1/19-2/23	\$77	\$64

Community First Aid & Safety Classes

Learn how to recognize an emergency and how to respond in this American Red Cross training. Breathing, cardiac emergencies, sudden illnesses and first aid are covered. Mon and Wed classes at the Cabrillo Bathhouse and Thurs and Sat classes at the Carrillo Recreation Center.

Code #	Day	Time	Dates	Fee	RDC Fee
7038	M, W	6-10pm	9/12 & 9/14	\$42	\$35
7039	Th	8am-5pm	9/15	\$42	\$35
7040	Sat	8am-5pm	9/24	\$42	\$35
7041	M, W	6-10pm	10/3 & 10/5	\$42	\$35
7042	Th	8am-5pm	10/6	\$42	\$35
7043	M, W	6-10pm	11/7 & 11/9	\$42	\$35
7044	Th	8am-5pm	11/10	\$42	\$35
7045	Sat	8am-5pm	11/19	\$42	\$35
7046	M, W	6-10pm	12/5 & 12/7	\$42	\$35
7047	Th	8am-5pm	12/8	\$42	\$35
7048	M, W	6-10pm	2/6 & 2/8	\$42	\$35
7049	Th	8am-5pm	2/9	\$42	\$35
7050	Sat	8am-5pm	2/18	\$42	\$35
7051	M, W	6-10pm	3/6 & 3/8	\$42	\$35
7052	Th	8am-5pm	3/9	\$42	\$35
7053	M, W	6-10pm	4/3 & 4/5	\$42	\$35
7054	Th	8am-5pm	4/6	\$42	\$35

Beginning Guitar with Cyrus Clarke

Learn to play the guitar—no need to know how to read music. Emphasis is on reading chord charts and tablature. Bring your own guitar. All styles welcome. Limit: 10 students.

Instructor: Cyrus Clarke, popular singer, songwriter and founding member of acclaimed groups Cache Valley Drifters and the Acousticats.

Where: Carrillo Recreation Center, 100 E. Carrillo St.

Fee: Drop-in fee \$17/\$14 with RDC. Session fees below.

Information: 897-2519

Code	Day	Time	Dates	Fee	RDC Fee
7133	Thur	8:30-9:30pm	9/29-11/3	\$84	\$70
7134	Thur	8:30-9:30pm	11/10-12/15	\$70	\$56*
7135	Thur	8:30-9:30pm	1/5-2/9	\$84	\$70
7136	Thur	8:30-9:30pm	2/16-3/24	\$84	\$70

*no class 11/24

Friends Ceramics Night Out

Take a break from stress and reawaken your creativity, enjoy some good conversation and make new friends! Join adults of all ages in a fun-filled evening working with clay. Classes include instruction in hand-building techniques and throwing on the potter's wheel. Create your own masterpieces to glaze and fire.

Instructor: Catherine Vallance **Information:** 897-1982

Where: Chase Palm Park Center, 234 E. Cabrillo Blvd.

Code	Day	Time	Dates	Reg Deadline	Fee	RDC Fee
7119	Wed	6-8:30pm	10/12	10/7	\$36	\$30
7120	Wed	6-8:30pm	10/19	10/14	\$36	\$30
7121	Wed	6-8:30pm	11/9	11/2	\$36	\$30
7122	Wed	6-8:30pm	12/7	12/2	\$36	\$30

• Throwing on the Potter's Wheel

7123	Wed	6-8:30pm	1/4	12/30	\$36	\$30
7124	Wed	6-8:30pm	2/1	1/27	\$36	\$30
7125	Wed	6-8:30pm	3/15	3/10	\$36	\$30

Private Ceramic Wheelthrowing Lessons

Learn the fun and challenging art of creating pottery on the wheel. Call 897-1982 to arrange a time.

Instructor: Catherine Vallance or Lisa Howard-Hoffman

Where: Chase Palm Park Center, 234 E. Cabrillo Blvd.

Information: 897-1982 **Fee:** \$35/hr for up to two students

Santa Barbara Arts & Crafts Show (sbaacs.com)

Are you an artist or craftsperson living in Santa Barbara County looking for a place to sell your artwork? Apply to be part of "the best place to go on a Sunday afternoon" in a recent City poll! The waterfront art show occurs every fair-weather Sunday and occasional Saturdays along Cabrillo Boulevard. Interested artists must complete an application and a screening process, reside in S.B. county, make each piece of their artwork themselves, and meet other show rules and regulations. For more information and an application, please call 897-1982 or come by the Cabrillo Pavilion Arts Center, 1118 East Cabrillo Blvd., between 9am-5pm, Mon-Fri.

Register online, by mail or fax (pg. 29), in person at 620 Laguna Street or at the first class (space permitting)

Tai Chi For Health

Tai Chi Chuan, an ancient form of meditation through movement, has been used by the Chinese as a stress reliever and total mind/body workout for thousands of years. This art combines breathing with mental concentration and precise movements that relax the mind and body and provide an incredible energy boost to the whole being. Learn the first of three sections of the traditional Yang-style long form. Comfortable clothing is recommended.

Note: class has been moved to Thursdays.

Instructor: Phil Myers, 897-2519

Where: Casa las Palmas, Chase Palm Park, 323 E. Cabrillo Blvd.

Fee: Drop-in fee \$12/\$10 with RDC. Session fees below.

Code #	Day	Time	Date	Fee	RDC Fee
7137	Thur	5:30-6:30pm	9/29-11/3	\$67	\$57
7138	Thur	5:30-6:30pm	11/10-12/15	\$58	\$48*
7139	Thur	5:30-6:30pm	1/5-2/9	\$67	\$57
7140	Thur	5:30-6:30pm	2/16-3/23	\$67	\$57

*no class Thanksgiving

Monday Evening Yoga

This beginning/intermediate yoga class is designed to support and deepen your yoga practice. While building a gradual inner heat through *asanas*, we enjoy stretching, gentle movements, expansive breath and meditation to reaffirm our commitment to health and well being.

It is helpful but not necessary to have a basic yoga foundation for this class.

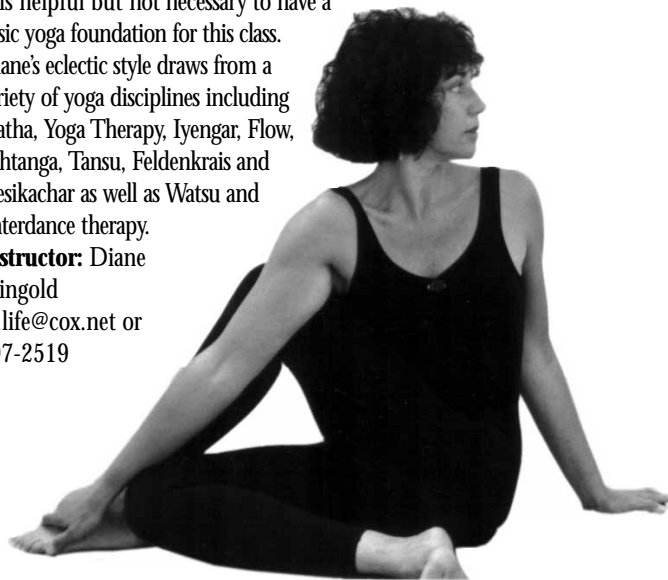
Diane's eclectic style draws from a variety of yoga disciplines including Hatha, Yoga Therapy, Iyengar, Flow, Ashtanga, Tansu, Feldenkrais and Desikachar as well as Watsu and waterdance therapy.

Instructor: Diane

Feingold

to.life@cox.net or

897-2519



Where: Carrillo Recreation Center, 100 E. Carrillo St., Meeting Rm.

Fee: Drop-in fee \$15/\$12 with RDC. Six-week session fees below.

Code #	Day	Time	Date	Fee	RDC Fee
7141	Mon	5:30-6:30pm	9/26-10/31	\$60	\$50
7142	Mon	5:30-6:30pm	11/7-12/12	\$60	\$50
7143	Mon	5:30-6:30pm	1/9-2/13	\$50	\$40*
7144	Mon	5:30-6:30pm	2/27-3/27	\$50	\$40**

*no class 1/16

**no class 2/20

Yoga instructor Dianne Feingold demonstrates a spinal twist.

Jazzercise® in the Carrillo Ballroom A Class for Every Level

Maximize health and well being with Jazzercise®, a total body workout to music. All Jazzercise® classes are led by certified instructors. Ask about new student discounts!

Regular Jazzercise®

Monday, Wednesday & Friday, 5:30-6:30pm

Saturday, 8:30-9:30am. \$90 for 8 weeks;

\$35 monthly for unlimited classes on electronic funds transfer (EFT);

\$8 drop-in fee. **Information:** 682-9493

Step/Jazzercise®

Increase your strength and cardiovascular fitness.

Tuesdays and Thursdays, 5:30-6:30pm.

\$35 monthly for unlimited classes on electronic funds transfer (EFT);

\$8 drop-in fee. **Information:** 682-9493

Jazzercise® Lite

Moderate aerobics to great music for a light cardio workout designed for older adults.

Monday & Wednesday, 10-10:45am.

Included in the Active Adults Club Membership (see page 19)

Information: 897-2519

Pilates for Strength & Toning

Pilates is an exercise that seeks to actively engage the mind and body.

Learn to achieve strength, stability, mobility, and body awareness.

Understand how to reconnect, develop and control your core abdominal muscles. Bring your own mat.

Where: Carrillo Recreation Ctr., 100 E. Carrillo St., Meeting Room

Instructor: Kiran DeWilde is a full-time Certified Pilates instructor.

897-2519; email notetokiran@yahoo.com

Fee: Drop-in fee \$15/\$12 with RDC. Session fees below.

• Evenings Tuesdays

Code #	Day	Time	Date	Fee	RDC Fee
7145	Tues	5:30-6:30pm	9/27-11/1	\$72	\$60
7146	Tues	5:30-6:30pm	11/8-12/13	\$72	\$60
7147	Tues	5:30-6:30pm	1/3-2/7	\$72	\$60
7148	Tues	5:30-6:30pm	2/14-3/21	\$72	\$60

• Evenings Thursdays

Code #	Day	Time	Date	Fee	RDC Fee
7149	Thur	5:30-6:30pm	9/29-11/3	\$72	\$60
7150	Thur	5:30-6:30pm	11/10-12/15	\$72	\$60
7151	Thur	5:30-6:30pm	1/5-2/9	\$72	\$60
7152	Thur	5:30-6:30pm	2/16-3/23	\$72	\$60

**Try beginning fitness classes FREE
during our Open House Week,
September 9-23. See page 3.**

ADULT DANCE

All dance classes (six-week sessions) are held at the Carrillo Recreation Center, 100 East Carrillo Street.
Register online at www.sbparksandrecreation.com, by mail or fax (page 29), in person at 620 Laguna Street, or at the first class.

Salsa Dancing for Beginners—Caliente...Hot!

Get ready for a fun and easy-to-learn Salsa class! In six weeks you'll know solid basics plus some hot Latin dance moves such as the Mambo and Cha Cha and be comfortable dancing to La Bamba, Tito Puente and other popular Latin musicians. No dance experience necessary. Singles and couples welcome.

Instructor: Ms. M.C. Callaghan **Info:** (818) 880-2159 or 897-2519

Fee: Drop in fee \$15/\$12 with RDC. Session fees below.

Code #	Day	Time	Dates	Fee	RDC Fee
Beginning I					
7153	Thur	7-8pm	9/29-11/3	\$72	\$60
7154	Thur	7-8pm	11/10-12/15	\$60	\$50*
7155	Thur	7-8pm	1/5-2/9	\$72	\$60
7156	Thur	7-8pm	2/16-3/23	\$72	\$60
Beginning II					
7157	Thur	8-9pm	9/29-11/3	\$72	\$60
7158	Thur	8-9pm	11/10-12/15	\$60	\$50*
7159	Thur	8-9pm	1/5-2/9	\$72	\$60
7160	Thur	8-9pm	2/16-3/23	\$72	\$60

*no class Thanksgiving

Try beginning dance classes **FREE**
during our Open House Week,
September 9-23. See page 3.



Hip Hop Dance

Back again for another fabulous year, dance instructor and choreographer Jennifer Terran will give you an aerobic, fun and creative workout.

Where: Carrillo Recreation Ctr, 100 E. Carrillo St., Studio 1

Information: 683-3878 or 897-2519; www.jenniferterran.com

Fee: Drop in fee \$15/\$12 with RDC. Session fees below.

Code	Day	Time	Dates	Fee	RDC Fee
7161	Wed	7-8pm	9/28-11/2	\$72	\$60
7162	Wed	7-8pm	11/9-12/14	\$72	\$60
7163	Wed	7-8pm	1/4-2/8	\$72	\$60
7164	Wed	7-8pm	2/15-3/22	\$72	\$60

Argentine Tango

Sensual movement is the hallmark of authentic Argentine Tango.

Develop basic techniques that allow you to graduate to exciting free improvisation. Saturday workshops and visiting instructors for Intensive Tango Workshops add to the fun!

Instructors: Brian & Fay of "Tango Santa Barbara"

Information: 963-4163 or 897-2519

Fee: Drop in fee \$15/\$12 with RDC. Session fees below.

Code #	Day	Time	Dates	Fee	RDC Fee
Level I					
7165	Wed	6-7pm	9/28-11/2	\$72	\$60
7166	Wed	6-7pm	11/9-12/14	\$72	\$60
7167	Wed	6-7pm	1/4-2/8	\$72	\$60
7168	Wed	6-7pm	2/15-3/22	\$72	\$60
Level II					
7169	Wed	7-8pm	9/28-11/2	\$72	\$60
7170	Wed	7-8pm	11/9-12/14	\$72	\$60
7171	Wed	7-8pm	1/4-2/8	\$72	\$60
7172	Wed	7-8pm	2/15-3/22	\$72	\$60
Level III					
7173	Wed	8-9pm	9/28-11/2	\$72	\$60
7174	Wed	8-9pm	11/9-12/14	\$72	\$60
7175	Wed	8-9pm	1/4-2/8	\$72	\$60
7176	Wed	8-9pm	2/15-3/22	\$72	\$60

Tango Saturday Workshops

Offered on selected Saturdays from 11:30am-1pm at the Carrillo Recreation Center. Call 897-2519 or 963-4163 for details.

MARK YOUR CALENDARS:

Intensive 4-Day Tango Workshop coming in January 2005 featuring instruction by international artists. Call 897-2519 or 963-4163 for details.

ADULT DANCE

Folk Dance

Dance to music from the Balkans, Israel, Russia, France, Scandinavia, and others. No partners needed—beginners welcome! Two class times to choose from. **Instructor:** Michal Lynch **Information:** 895-4885 or 897-2519 **Fee:** Drop in fee \$12/\$10 with RDC. Session fees below.

• Daytime Tuesday

Code #	Day	Time	Dates	Fee	RDC Fee
7177	Tues	11am-12:30pm	9/27-11/1	\$54	\$45
7178	Tues	11am-12:30pm	11/8-12/13	\$54	\$45
7179	Tues	11am-12:30pm	1/3-2/7	\$54	\$45
7180	Tues	11am-12:30pm	2/14-3/21	\$54	\$45

• Evening Thursday

Code #	Day	Time	Dates	Fee	RDC Fee
7181	Thur	7:30-9:30pm	9/29-11/3	\$54	\$45
7182	Thur	7:30-9:30pm	11/10-12/15	\$46	\$38*
7183	Thur	7:30-9:30pm	1/5-2/9	\$54	\$45
7184	Thur	7:30-9:30pm	2/16-3/23	\$54	\$45

*no class Thanksgiving

Beginning & Intermediate Belly Dance

An introduction and complete course in belly dance taught by Alexandra King, Artistic Director of the UCSB Mid-East Dance Ensemble. Each 6-week session focuses on a different aspect of the dance; by the end of the year, students will be able to execute a complete dance and be ready for the intermediate level. Both classes require zills (finger cymbals) and a hip scarf, available for purchase in class.

Instructor: Alexandra King

Information: 687-8823 or 897-2519

Fee: Drop in fee \$15/\$12 with RDC. Session fees below.

• Beginning

Taksim & Chiftitelli —Learn the slow, sublime section of the cabaret belly dance.

Code #	Day	Time	Dates	Fee	RDC Fee
7185	Tues	5:30-6:30pm	9/27-11/1	\$65	\$55

Drum Solo—Learn the fast dynamic percussive section of belly dance.

Code #	Day	Time	Dates	Fee	RDC Fee
7186	Tues	5:30-6:30pm	11/8-12/17	\$65	\$55

Balady—The steps and movements for Balady, Ayyoub and Masmoudi; exits and entrances Arabic style.

Code #	Day	Time	Dates	Fee	RDC Fee
7187	Tues	5:30-6:30pm	2/14-3/21	\$65	\$55

• Intermediate

Putting It All Together Traditional Style—Learn the Traditional cabaret belly dance stylization.

Prerequisite: One year beginning belly dance with Alexandra King.

Code #	Day	Time	Dates	Fee	RDC Fee
7188	Thur	5:30- 6:30pm	9/29-11/3	\$65	\$55
7189	Thur	5:30- 6:30pm	11/10-12/22	\$65	\$55*
7190	Thur	5:30- 6:30pm	2/16-3/23	\$65	\$55

*no class Thanksgiving

Beginning & Intermediate Tap Dance

Classes include warm-up exercises plus choreography.

Instructor: Sandy Everett **Information:** 968-1122 or 897-2519

Fee: Drop in fee \$15/\$12 with RDC. Session fees below.

• Beginning

Code #	Day	Time	Dates	Fee	RDC Fee
7191	Mon	6:30-8pm	9/26-10/31	\$72	\$60
7192	Mon	6:30-8pm	11/7-12/12	\$72	\$60
7193	Mon	6:30-8pm	1/9-2/13	\$60	\$50*
7194	Mon	6:30-8pm	2/27-3/20	\$60	\$50**

* No class 1/16

**no class 2/20

• Intermediate

Code #	Day	Time	Dates	Fee	RDC Fee
7195	Tues	6:30-8pm	9/27-11/1	\$72	\$60
7196	Tues	6:30-8pm	11/8-12/13	\$72	\$60
7197	Tues	6:30-8pm	1/3-2/7	\$72	\$60
7198	Tues	6:30-8pm	2/14-3/21	\$72	\$60



Beginning Show Dance Conditioning & Technique

If you've always wanted to dance to show tunes, or if it has been a while since you did, now is your chance to learn basic turns, footwork and upper body resistance techniques choreographed to up-beat jazz and show tunes. Moderate bending and flexing abilities recommended. Put on your dancing shoes—you'll be glad you did!

Instructor: Glory Lamb, Artistic Director, Razzle Dazzle Silver Follies

Information: 897-2519

Fee: Drop in fee \$15/\$12 with RDC. Session fees below.

Code #	Day	Time	Dates	Fee	RDC Fee
7301	Mon	5:15-6:15pm	9/26-10/31	\$60	\$50
7302	Mon	5:15-6:15pm	11/7-12/12	\$60	\$50

Intermediate Strut & Stretch

If you've got the basics, continue on with Glory Lamb's toning and conditioning routines choreographed for fun or performance, designed for the more experienced dancer. This class is a prerequisite for joining the Razzle Dazzle Silver Follies Dancers.

Information: 897-2519

Fee: Drop in fee \$15/\$12 with RDC. Session fees below.

Code #	Day	Time	Dates	Fee	RDC Fee
7207	Thur	11:30am-12:45pm	9/29-11/3	\$64	\$54
7208	Thur	11:30am-12:45pm	11/10-12/15	\$64	\$54



Line Dancing for Teenage Girls & Women

Come out and dance! Line dancing, Country-Western, Motown, Latin, disco and jazz to choreographed routines.

Instructor: Gayle Molitor, 894-1115 or 897-2519

email: blessedwithdance@netscape.com

Code	Day	Time	Dates	Fee	RDC Fee
7060	Thur	4-4:55pm	9/29-11/3	\$60	\$50
7061	Thur	4-4:55pm	11/10-12/15	\$50	\$42*
7199	Thur	4-4:55pm	1/5-2/9	\$60	\$50
7200	Thur	4-4:55pm	2/16-3/23	\$60	\$50

*no class 11/24

ADULT DANCE



80,000 Students and Counting...

Ballroom dance instructor Patricia Ryan has been teaching generations of dancers how to quickstep, rumba, cha cha, waltz, fox trot, tango, samba, and mambo at the Carrillo Recreation Center for over 35 years. Pat thinks of her students as both her

friends and her life and has never missed a class in all her years of teaching— except once due to a required surgery. Pat gets nothing but praise from her students and is rewarded by the continued popularity of her classes. For Pat, ballroom has always been popular...it's just taken 35 years for the TV reality shows to catch on! The staff and students of Parks & Recreation thank Pat for all her years of dedicated teaching and passion for the dance!

Ballroom and Latin-American Dance

Learn Quickstep, Bolero, Rumba, Cha Cha, Waltz, Fox Trot, Tango, Samba, and Mambo. Singles or couples.

Instructor: Patricia Ryan **Information:** 963-1148 or 897-2519

Fee: Drop in fee \$15/\$12 with RDC. Session fees below.

Code #	Day	Time	Dates	Fee	RDC Fee
Beginning					
7210	Mon	8:30-9:30pm	9/26-10/31	\$60	\$50
7211	Mon	8:30-9:30pm	11/7-12/12	\$60	\$50
7214	Mon	8:30-9:30pm	1/9-2/13	\$50	\$42 *
7215	Mon	8:30-9:30pm	2/27-3/27	\$50	\$42 **

*no class 1/16 **no class 2/20

Advanced (International)

7217	Mon	7-8pm	9/26-10/31	\$60	\$50
7218	Mon	7-8pm	11/7-12/12	\$60	\$50
7219	Mon	7-8pm	1/9-2/13	\$50	\$42 *
7220	Mon	7-8pm	2/27-3/27	\$50	\$42 **

*no class 1/16 **no class 2/20

Intermediate

7221	Thurs	7-8pm	9/29-11/3	\$60	\$50
7222	Thurs	7-8pm	11/10-12/22	\$50	\$42*
7223	Thurs	7-8pm	1/5-2/9	\$60	\$50
7224	Thurs	7-8pm	2/16-3/23	\$60	\$50

*no class 11/24

Pre-Intermediate

7225	Thurs	8-9pm	9/29-11/3	\$60	\$50
7226	Thurs	8-9pm	11/10-12/22	\$50	\$42*
7227	Thurs	8-9pm	1/5-2/9	\$60	\$50
7228	Thurs	8-9pm	2/16-3/23	\$60	\$50

*no class 11/24

BALLET CLASSES

Classes use floor stretches, barré and centre work to develop skills such as pirouettes, jumps and leaps. Focus is on technique, individuality and the joy of dancing. Beginning classes are for those new to dance. Intermediate classes are for experienced or returning dancers.

Fee: Drop in fee \$15/\$12 with RDC. Session fees below.

Information: 966-6485 or 897-2519

Beginning/Intermediate Ballet with Cat Haworth

Code #	Day	Time	Dates	Fee	RDC Fee
7229	Mon	5:30-7pm	9/26-10/31	\$72	\$60
7230	Mon	5:30-7pm	11/7-12/12	\$72	\$60
7231	Mon	5:30-7pm	1/9-2/13	\$60	\$50 *
7232	Mon	5:30-7pm	2/27-3/27	\$60	\$50**

*no class 1/16

**5-week class

Intermediate Ballet with Cat Haworth

7233	Wed	5:30-7pm	9/28-11/1	\$72	\$60
7234	Wed	5:30-7pm	11/9-12/14	\$72	\$60
7235	Wed	5:30-7pm	1/4-2/8	\$72	\$60
7236	Wed	5:30-7pm	2/15-3/22	\$72	\$60
7237	Sat	10:15-12noon	10/1-11/5	\$72	\$60
7238	Sat	10:15-12noon	11/12-12/17	\$60	\$52*
7239	Sat	10:15-12noon	1/7-2/11	\$72	\$60
7240	Sat	10:15-12noon	2/18-3/25	\$72	\$60

* no class 11/24

Intermediate Ballet with Julie McLeod

Code #	Day	Time	Dates	Fee	RDC Fee
7242	Tues	5:30-7pm	9/27-11/1	\$72	\$60
7243	Tues	5:30-7pm	11/8-12/13	\$72	\$60
7244	Tues	5:30-7pm	1/3-2/7	\$72	\$60
7245	Tues	5:30-7pm	2/14-3/21	\$72	\$60
7246	Thurs	5:30-7pm	9/29-11/3	\$72	\$60
7247	Thurs	5:30-7pm	11/10-12/22	\$60	\$50*
7248	Thurs	5:30-7pm	2/16-3/23	\$72	\$60

* no class 11/24

Swing Classes
Six weeks : \$55
Sessions begin
2005
Sept 20 & 21
Nov 1 & 2
2006
(Prices subject to change)
Jan 10 & 11
Feb 21 & 22
Apr 4 & 5

First & Third Friday Dances
Live Music Lesson
7:30 PM
Dance
8:30 PM
till
Midnight
Cost: \$10

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ACTIVE ADULTS & SENIOR PROGRAMS



Active Adults and Classes provides a wide range of fitness, dance, sports and social activities for all ages, including adults over 50. Activities are supported by a team of nearly 100 dedicated volunteers who work with qualified staff and contractors to provide our community with quality recreation programs. A variety of activities appeals to individuals with diverse interests and ability levels. Discover why Santa Barbara Seniors have more fun... call 897-2519 today for program and registration information or stop by our office at the Carrillo Recreation Center, 100 East Carrillo Street.

Stretch & Tone instructor Ralph Holmes (top center) and some of the many participants in these popular fitness classes.

Membership Has Its Privileges

Members of the **Active Adults Club** receive newsletters in the mail, enjoy priority reservations for tours, take many of our classes for free and receive a \$1 discount at the Saturday Night Ballroom Dances. We'll be happy to mail you a complementary newsletter, or you can always drop-in at the Carrillo Recreation Center and pick up a current copy. Prices: \$35/\$30 with RDC singles; \$50/\$42 with RDC family for 2005.

Convenient Locations

Most programs are offered in the heart of downtown Santa Barbara in the historic Carrillo Recreation Center at 100 East Carrillo Street and the Louise Lowry Davis Center at 1232 De La Vina Street.

Make New Friends

You can never have too many friends. Meet new people in social activities like bridge, bingo, language study groups, exercise classes, arts and crafts programs and tours.

Dance The Nights Away

Trip the light fantastic! Ballroom, Swing and Contra Dances are offered Fridays through Sundays in the Carrillo Ballroom. Continue a 91-year tradition of public dances in this historic building. We offer live bands, a great atmosphere and one of the best dance floors in the United States.

Fitness for Life

Without regular exercise, you can lose 18% of your muscle mass every 10 years. With a regular exercise regime, that loss can be reduced to 3%. Take control of the aging process and join in a variety of activities. You'll feel better about yourself, reduce pain, improve sleep and gain a myriad of health benefits. We offer a full range of activities from high-to-low intensity to provide just the right fit for everyone.

Sports for All Ages

The Parks and Recreation Department offers a wide array of sports opportunities for all ages. Whether your interests are in golf, table tennis, swimming, horseshoes, lawnbowling or tennis, we are proud to provide a little friendly competition.

Tours and Travel Program

SRS offers a wide range of tours—from day trips up and down the coast to extended overseas getaways. Call us for a complementary newsletter which details upcoming tour offerings.

How Do I Learn More?

Call our office at 897-2519 and we'll be happy to discuss our activities with you or mail you a complementary newsletter and activity schedule. Learn why Santa Barbara Seniors have more fun!

Dances in the Carrillo Ballroom

Dance all night on the gorgeous Carrillo Ballroom floor, one of the best in the West! Cantilevered design springs under every step provide shock-absorption. Used for local dances for over 90 years! Carrillo Recreation Center, 100 East Carrillo Street. For dance information, call 897-2519.

Ballroom Dances

Enjoy dancing to live orchestras. Don't know how? Take a lesson one hour prior to dance. First through fourth Saturday nights, 8-11pm. \$10/\$9 with RDC. \$4 extra with lesson. To register: Walk in

Ballroom Tea Dance

Go back in time, relive another era and dance to big band sounds. Free! First Sunday of the month, 2-5pm
To register: Walk in

Contra Dances:

Join the S.B. Country Dance Society and Bettine Wallin for folk and contra dancing to live music. Free lessons available before dance. Every Sunday, 6:30-10pm; \$7—special dances \$8-\$10
Info: 969-1511

TENNIS LESSONS & LEAGUES

The City offers 28 tennis courts for public use.

Tennis Permits

The best deal in town! Players can purchase either daily or annual permits to play on city tennis courts. Buy your permits at the courts from City Tennis staff, who monitor the courts, or at 620 Laguna Street. Youth under 18 play for free. Students 18+ with current ID pay \$3. Daily Permit: \$5/\$4 with RDC. Annual Permit: Adults \$120/\$100 with RDC. Seniors \$108/90 with RDC. Note: The permit year begins May 1.

Tennis Facilities

Las Positas Tennis Courts 1002 Las Positas Rd.

Six lighted hard courts open daily. Lighted play on all courts until 9pm Monday-Friday.

Municipal Tennis Center 1414 Park Place

Twelve hard courts include an enclosed wood stadium court and three lighted courts. Open daily from dawn till dusk. Lighted play until 9pm Monday-Friday.

Pershing Park Tennis Courts 100 Castillo Street

Eight hard courts are available for public play after 5pm weekdays and all day on weekends and on Santa Barbara City College holidays. Eight lighted courts until 9pm Monday-Friday.

Oak Park Courts

300 W. Alamar Ave.

Two hard courts. Open dawn till dusk.

Mix and Match Doubles

Relieve your workday stress by competing and socializing at the same time! Just show up to meet other players and enjoy this popular round-robin format of play.

Where: Pershing Park Tennis Courts

When: Monday and Friday, 6:30-9:15pm, all year!

Fee: \$8/\$7 with RDC

To register: At the courts; get there early!

Information: 564-5338, ext. 4 or 564-5517



Private and Custom Group Lessons

Have a private lesson all to yourself, a semi-private lesson with a friend, or organize your own group lessons. Tennis pros will be happy to plan a schedule that works for you. Lessons are taught by a USPTA/PTR certified instructor.

Information: Call 564-5517 or any of our tennis professionals at the numbers listed here: **Las Positas:** Jeff Crawford 452-8501; Vaughn Mastoff 969-9655

Municipal Tennis Center:

George Nastor 455-0369;

Kathy Betzholtz 681-1533;

Frank Mannix 564-5573

Doubles Leagues

Enjoy friendly doubles competition weekly. If you don't have a partner, we'll help find one! Fall league begins September.

Register online www.sbparcsandrecreation.com

Where: Pershing Park Tennis Courts **Fee:** \$60/\$50 with RDC

No refunds given after the first match.

League

All Mixed Doubles

B/C Women

B/C Men

Day & Time

Tues 6-8pm

Thur 6-8pm

Thur 6-8pm

Tennis Tournaments

Cosponsored by the City of Santa Barbara Parks and Recreation Department

The National Tennis Rating Program (NTRP) will classify players for tournament play. Get rated! Call 965-9510. All tournaments sanctioned by USTA.

48th Annual S.B. City Championships and Grand Prix, October 21-22

2006 Leslie Allen Tournament, March 4-5

Entries available at all public tennis facilities or call 965-9510 or 564-5517 for more information or go to www.tennispatrons.com

www.sbtennispats.com for tournament information

Group Tennis

Classes—See next page.

Is it any wonder that scientists and physicians around the world view tennis as one of the most healthy activities there is? Increase your vigor and agility, strengthen your body and mind. It's never too late to start tennis—the sport for a lifetime. You will receive quality instruction from a USPTA-certified teaching professional in small classes of 4-6 students.

To Register

The classes on page 21 are organized by age group and ability. Choose the class you want and register online at www.sbparcsandrecreation.com or fill out the registration form on page 29. Mail, fax or bring it to 620 Laguna Street. For class availability, or if you are not sure of your tennis level, please call 564-5517.

Locations

LPC: Las Positas Courts

1002 Las Positas Rd

MTC: Municipal Tennis Center,

1414 Park Place

PP: Pershing Park Courts

100 E. Castillo

(Tennis at the Beach)

The Fine Print

There are no make-ups for missed classes. Classes cancelled due to bad weather or instructor absence will be rescheduled by the instructor.

Classes which are not filled will be cancelled and students will be placed in another class or refunded fully. Class days that fall on a holiday may be rescheduled; please check with the instructor.

GROUP TENNIS SCHEDULE

Group	Level	Day	Time	Where	Instructor	Fee/Fee RDC	SESSION 1	SESSION 2	SESSION 3	SESSION 4	SESSION 5	SESSION 6
							9/5-10/2 CODE #	10/10-11/8 CODE #	11/14-12/11 CODE #	1/2-1/29 CODE #	2/6-3/5 CODE #	3/13-4/9 CODE #
PEEWEE 4-6		Mon	4-4:50pm	MTC	Mannix	\$46/\$38	7014	7015	7016	7017	7018	7019
		Thur	3:15-4pm	LPC	K. Betzholtz	\$46/\$38	6633	6634	6635	6636	6637	6638
JUNIOR 7-9	Beginner	Mon	3:30-4:20pm	LPC	Crawford	\$46/\$38	6639	6640	6641	6642	6643	6644
	Beginner	Tues	3:30-4:20pm	LPC	Crawford	\$46/\$38	6645	6646	6647	6648	6649	6650
	Beginner	Wed	4-4:50pm	MTC	Mannix	\$46/\$38	7020	7021	7022	7023	7024	7025
	Intermediate	Thur	4-4:50pm	LPC	Crawford	\$46/\$38	6651	6652	6653	6654	6655	6656
PRETEEN 10-12	Beginner	Mon	4:30-5:20pm	LPC	Crawford	\$46/\$38	6657	6658	6659	6660	6661	6662
	Beginner	Tues	4:40-5:30pm	LPC	Crawford	\$46/\$38	6663	6664	6665	6666	6667	6668
	Intermediate	Thur	4-4:50pm	LPC	Crawford	\$46/\$38	6669	6670	6671	6672	6673	6674
YOUTH 7-17	Advanced Drills	Wed	4-5:30pm	LPC	Crawford	\$78/\$65	6675	6676	6677	6678	6679	6680
	Advanced Drills	Sat	9-10:30am	LPC	Crawford	\$78/\$65	6681	6682	6683	6684	6685	6686
ADULT 18+ YRS	Beginner	Mon	5:30-6:45pm	LPC	Crawford	\$62/\$52	6687	6688	6689	6690	6691	6692
	Beginner	Mon	5:15-6:30pm	MTC	Mannix	\$62/\$52	7026	7027	7028	7029	7030	7031
	Beginner	Tues	9-10:15am	LPC	Crawford	\$62/\$52	6693	6694	6695	6696	6697	6698
	Beginner	Wed	5:30-6:45pm	LPC	Crawford	\$62/\$52	6699	6700	6701	6702	6703	6704
	Beginner	Sun	9:15-10:30am	LPC	Nastor	\$62/\$52	6705	6706	6707			
	Beg/Inter	Sun	10:30-11:45am	LPC	Nastor	\$62/\$52	6708	6709	6710			
	Beg/Inter	Sun	3-4:15pm	LPC	Nastor	\$62/\$52	6712	6713	6714			
	Intermediate	Mon	9:15-10:30am	MTC	Nastor	\$62/\$52	6716	6717	6718			
	Intermediate	Mon	10:30-11:45am	MTC	Nastor	\$62/\$52	6720	6721	6722			
	Intermediate	Tues	11am-12:15pm	MTC	Nastor	\$62/\$52	6723	6724	6725			
	Intermediate	Tues	6:15-7:30pm	LPC	Crawford	\$62/\$52	6727	6728	6730	6731	6732	6733
	Intermediate	Wed	5:15-6:30pm	MTC	Mannix	\$62/\$52	7032	7033	7034	7035	7036	7037
	Intermediate	Thur	9-10:15am	LPC	Crawford	\$62/\$52	6736	6737	6738	6739	6740	6741
	Intermediate	Thur	6:15-7:30pm	LPC	Crawford	\$62/\$52	6742	6743	6744	6745	6746	6747
	Intermediate	Sun	4:30-5:45pm	LPC	Nastor	\$62/\$52	6748	6749	6750			
FALL ADULT DOUBLES LEAGUES SEPT-DEC	Mixed	Tues	6-8pm	PP	Staff	\$60/\$50	564-5573		6751			
	Womens Dbls	Thur	6-8pm	PP	Staff	\$60/\$50	564-5573		6752			
	Mens Doubles	Thur	6-8pm	PP	Staff	\$60/\$50	564-5573		6753			

MARK YOUR CALENDARS—SPRING JUNIOR TENNIS CLINIC

April 3-7 M-F 9am-12 noon MTC Betzholtz \$118/\$98 564-5517 6754

Easy online registration for all tennis clinics at www.sbparksandrecreation.com

Santa Barbara Golf Club—The Hidden Jewel



Affordable Golf for Everyone at the Santa Barbara Golf Club

3500 McCaw Ave. at Las Positas
687-7087 • www.sbgolf.com

One of the longest "short-courses" in Southern California at 6,009 yards, the Santa Barbara Golf Club provides the most affordable golf experience in the area. Tee times are available one week in advance; weekend times are available the Monday prior.

\$20 County Resident Discount

Entitles bearer to resident rates on greens fee. Local address on California driver's license required for proof of residency. Ventura County residents are also eligible.

County Resident Discount plus \$75 Annual Frequent User Discount

Entitles bearer to additional greens fee discount of \$5 for 18-hole play and \$3 for twilight/9-hole play 7 days a week, including holidays.

Driving Range Hours

Take advantage of the driving range to spruce up your skills:
March-May: 6am-7pm June-August: 6am-8pm
September-October: 6am-7pm Nov-February: 6am-5pm
The Pro Shop operates from 6am until dark all year.
Buckets: 22 balls \$2 • 44 balls \$3.50 • 66 balls \$6 • 88 balls \$8

Russ Morrison Jr. Junior Golf Program: Ages 7-17

Kids and teens can learn how to play golf from PGA instructors for only \$50 a year!

- Clinics every Saturday at 5pm—join any time
- Golf fundamentals and technique with focus on sportsmanship and golf etiquette
- Three skill levels
- Playing opportunities on the course
- Golf equipment provided

For more information, call Matt at the SBGC at 687-7087.

Tournaments, Professional Services, Group & Private Golf Lessons

Please contact Richard Chavez, PGA Professional
Phone: 805-687-7087 Fax: 805-687-1651

Mulligan's Cafe & Bar

3500 McCaw Ave. at the SB Golf Club

2-for-1 Piece of Pie

Buy 1 slice of pie and receive another one
FREE with purchase of lunch or dinner
and this coupon.

Valid Sunday-Thursdays Expires 3/15/06

Group Golf Lessons at the SBGC

Start dates and easy registration available online at www.sbparksandrecreation.com

PGA Professional instructors lead a series of four one-hour classes to improve your golf skills. Beginning classes focus on swing fundamentals, intermediate classes will improve chipping, putting, pitching, bunker and course etiquette, while advanced classes address course management. Class size ranges from 3 to 6 golfers.

Fee: \$100 per golfer; balls and club use included. Register online with eRecreation using the code numbers in the chart at left or call 687-7087.

	Sept Code #	Oct Code #	Nov Code #	Dec Code #	Jan Code #	Feb Code #	Mar Code #
Beginning							
Tues 2-3pm with Guy	6944	6945	6946	6947	6948	6949	6950
Thur 3-4pm with Alicia	6951	6952	6953	6954	6955	6956	6957
Fri 4-5pm with Matt	6958	6959	6960	6961	6962	6963	6964
Sat 9-10am with Tom	6965	6966	6967	6968	6969	6970	6971
Intermediate							
Tues 3:30-4:30pm with Guy	6972	6973	6974	6975	6976	6977	6978
Thur 4-5pm with Alicia	6979	6980	6981	6982	6983	6984	6985
Sat 10-11am with Tom	6986	6987	6988	6989	6990	6991	6992
Advanced							
Tues 5-6pm with Guy	6993	NA	NA	NA	NA	NA	NA
Thur 5-6pm with Alicia	7000	NA	NA	NA	NA	NA	NA
Sat 11am-12noon with Matt	7007	7008	7009	7010	7011	7012	7013

ADAPTED PROGRAMS

The Adapted Recreation Program provides a variety of sports and recreation activities for children and adults with special needs. Individuals of all ages and multiple abilities have the opportunity to travel, play, compete and make friends. Participants are able to stay active in a safe, supportive, supervised program, staffed by caring professionals. To receive more information on programs or to register for activities, call 564-5421.

Accessibility & Inclusion to Recreation Services

Parks & Recreation welcomes the participation of persons with disabilities in our programs and facilities. Three weeks notice is required. For more information, contact 564-5421. For complete policy description, please see page 28, *Department Policies*.

Adapted Bowling

Adapted bowling provides an opportunity for children and adults to socialize and get physical exercise through a fun experience. How you might place (first, second or third) is not the emphasis; it's the social interaction that makes this program a winner. The group bowls all year round and competes in a tournament each quarter. You won't want to miss the road trips to other bowling centers in the Tri Counties. Come join us, whether or not you're a new or experienced bowler!

Where: Zodo's Bowling and Beyond, 5925 Calle Real, Goleta

Fee: \$14 includes bowling, shoes and lunch

When: Saturdays, 10:30am-1:30pm. August 13 & 27, September 10 & 24, October 8 & 22, November 12, December 17, January 14 & 28, February 11 & 25, March 11 & 25, April 8 & 22

Bowling Tournament

Time to show off all the skills learned during practice. Tournament time is time for awards, t-shirts and other gifts and gives other bowlers a chance to join the Santa Barbara team for a roaring good time.

Where: Zodo's Bowling and Beyond, 5925 Calle Real, Goleta

Fee: \$20 includes bowling, shoes and lunch

When: Sunday, December 4, 9am-12noon

Lolly Tihahyi and Mark DiBerardino are dazzled by the performance of staff member Judy Holbrook-Ash at the 2005 Family Recreation Fair. Photo by Rick Zabala.



Dodgers Baseball

Adapted Programs participants never miss a Fan Appreciation game and we won't this year! Come cheer for the Los Angeles Dodgers and watch them wipe out the Pittsburgh Pirates!

When: Depart from Carrillo Recreation Center, 100 E. Carrillo Street, at 10am on Sunday, September 25 **Fee:** \$20

Dances

- Let your creative senses run the gamut for our **Halloween Dance**. Buy, build, sew, glue or otherwise make a costume to impress your friends. Many prizes are awarded to best of every category.

Where: Carrillo Recreation Center, 100 E. Carrillo Street

When: Friday, October 28, 7-9pm **Fee:** \$5

- The **Valentine Day Dance** offers you a chance to bring a sweetheart or find a sweetheart at the dance. Fun, music and food await you.

Where: Carrillo Recreation Center, 100 E. Carrillo Street

When: Friday, February 10, 7-9pm **Fee:** \$5

- Dress up in your most elegant outfit and show off your dancing steps at the **Victory Dance**, a celebration for all participants, volunteers, parents and care providers who are associated with Adapted and Special Olympics programs.

Where: Earl Warren Showgrounds, Las Positas and Hwy 101

When: Sunday, April 9, 6-9pm

Fee: No fee, but RSVP is required by calling 564-5421

Thanksgiving Luncheon

Why not have two Thanksgiving Days? Come celebrate, eat and give thanks the day before Thanksgiving as well. For over 20 years this popular event has been offered to participants of Adapted Programs and it has grown each year. This might be the most popular event for the volunteers who enjoy serving the participants in a stylish and festive setting.

Where: 1118 E Cabrillo, Cultural Arts Center

When: Wednesday, November 23, noon

Fee: No fee, but RSVP is required by calling 564-5421

Save the Date!

Family Recreation Family Fair

The Recreation Family Fair is an old-fashioned event in lovely, downtown Alameda Park, the oldest park in Santa Barbara. Cotton candy, popcorn, snow cones, hamburger and hot dogs are available at no cost to all participants. Thanks to the generosity of local businesses, drawings are held for thousands of dollars worth of prizes.

Where: Alameda Park by the gazebo

When: May 7, 2006

Call 564-5421 to volunteer to help with this year's event.

COMMUNITY SERVICES

Welcome To Santa Barbara Community Centers – Serving Neighborhoods & Strengthening Families

Franklin Neighborhood Center

1136 East Montecito St.
Mon-Fri, 8am-5pm
963-7605; Fax 963-7607

Lower Westside Center

629 Coronel Place
Mon-Fri, 2-6pm
963-7537; Fax 963-7538

Westside Community Center

423 West Victoria St.
Mon-Fri, 8am-5pm
963-7567; Fax 963-7569

Louise Lowry Davis Center

1232 De la Vina St.
Mon-Fri, 10am-4pm
897-2568

Youth Sports Center Primo Boxing Club

701 E. Haley
Mon-Sat, 4:30-8pm
884-1961



Newly Renovated and Waiting for You— Grow Your Own at a Community Garden Plot!

All three community gardens received facelifts thanks to funding from the Community Development Block Grant Program. The Rancheria, Yanonali and Pilgrim Terrace gardens underwent major transformation with the installation of weed fabric and mulch on pathways, fence repairs, new entry gates and locks, boxed redwood borders, ADA accessible borders, benches, information kiosks, and irrigation system repairs. Enjoy growing your own healthy organic vegetables, herbs and flowers at one of these three gardens conveniently located near the Franklin, Lower Westside and Westside Community Centers. Garden plots of 10 x 20 feet can be rented for the modest price of \$52 annually (\$60 without a Resident Discount Card) by visiting your nearest community center or by calling 963-7567. Community Garden Plot applications are available on November 1, 2005.

Make a Difference in Your Neighborhood— Join an Advisory Committee

Join one of your Community Center Advisory Committees and help to make your neighborhood a safer, cleaner and more enjoyable place to live. Advisory committee members are residents appointed by City Council to provide input on the day-to-day operations of Community Centers and neighborhood programs. Such programs can range from installing stop signs on dangerous street corners to sponsoring neighborhood festivals or food distributions. Committee members provide a valuable service to the neighborhood by promoting community involvement in solving problems and advocating for necessary services for low-income residents.

Now is the time to act! The City recruits for members at least twice a

Our community centers offer a wide variety of services to resolve family and neighborhood issues and can help find other assistance at no cost to you! All community centers are located near bus stops and are accessible to the disabled.

Family

- ✓ Year-round after-school and special summer programs for children and youth
- ✓ Affordable childcare to working parents and students
- ✓ Work experience and training programs for youth and senior citizens
- ✓ Adult education and ESL programs
- ✓ Drop-in senior center, enrichment programs and low-cost lunch program

Neighborhood

- ✓ Resident participation and community input
- ✓ Neighborhood beautification and preservation
- ✓ Low-cost meeting room and facility rentals

Community

- ✓ Legal assistance and mediation services
- ✓ Bilingual translation
- ✓ Notary services
- ✓ Free income tax and refund preparation
- ✓ Medical, mental health and dental services
- ✓ Community advocacy services
- ✓ Community service and volunteer opportunities for youth & adults
- ✓ Referral services for persons with disabilities
- ✓ Low-cost meeting hall and kitchen rentals
- ✓ Low-cost garden plots

year, in December and June. Committee members are appointed to four year terms. Applications for membership can be obtained by calling any of the Community Centers listed above or the City Clerk's office in City Hall at 564-5309.

SAVE THE DATE!

Some Like it Hot: The 4th Annual Salsa Festival
Saturday, May 20, 2006 11:30am-7pm
at de la Guerra Plaza

COMMUNITY PARTNERSHIPS

PARC—the Parks and Recreation Community Foundation

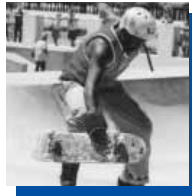
PARC promotes the acquisition, development, maintenance and enhancement of open space, parks and recreation and community facilities in and around the greater Santa Barbara area as essential to the development of a healthful urban environment.

How You Can Contribute

- Annual Friends Memberships
- Individual, Business, or Corporate Donations
- Memorial Gifts, Bequests, or Annuities
- Estates or Living Trusts

Grant Program

The PARC Foundation is proud to offer a grant program to benefit local groups who provide programs and projects to a broad base of the community.



community • programs • open space • funding

PARC Foundation Membership

Your contribution to the PARC foundation will help us in our efforts to fund many worthwhile projects essential to the development of a healthful urban environment. For more information call **897-2657**.

Yes, I want to be a friend of PARC through my contribution of:

- | | |
|--------------------------------|---|
| <input type="checkbox"/> \$50 | <input type="checkbox"/> \$500 |
| <input type="checkbox"/> \$100 | <input type="checkbox"/> \$1000 |
| <input type="checkbox"/> \$250 | <input type="checkbox"/> OTHER \$ _____ |

Cut out or duplicate this form and mail to:
PARC Foundation
PO Box 91742
Santa Barbara, CA 93190

Name _____

Address _____ City _____ State _____ Zip _____

PARC is a nonprofit organization exempt from taxes under Section 501 (c) (3) of the Internal Revenue Code (ID #77-0126823) and Section 23701 D of the State Revenue Code (Corporation #1350742).

Community Coalitions Enhance Program Opportunities

Advisory Groups

Adapted Programs
Arts and Crafts Show
Aquatics
Creeks Restoration and Water
Quality Improvement Citizens
Advisory Committee*
Golf
Senior Recreation Services
Street Tree
Tennis
Youth Council *
Douglas Family Preserve *
Franklin Center *
Lower Westside Center *
Westside Center *

**Indicates City Council Appointed Committee*

Cosponsorship Organizations

AARP Santa Barbara Chapter 72
Cancer Center of Santa Barbara
Central Coast Soccer
Club West Masters Track and Field
Dance Alliance
Easy Lift Transportation, Inc.
Endowment for Youth Committee
Girls, Inc.
MacKenzie Park Lawn Bowls Club
N.O.A.A.
Rehabilitation Institute of Santa Barbara
Santa Barbara City School Districts
Santa Barbara City College
Santa Barbara City College
Continuing Education
Santa Barbara Country Dance Society
Santa Barbara Lawn Bowls Club
Santa Barbara Pony Baseball
Santa Barbara Rose Society
Santa Barbara Special Olympics
Santa Barbara Volleyball Club
Semana Nautica
Tennis Patrons Assoc. of Santa Barbara

Friends Groups

Call 564-5425 to join these
volunteers:
Friends of Douglas Family Preserve
Friends of Escondido Park
Friends of A.C. Postel
Memorial Garden
Friends of Mission Historical Park
Friends of Franceschi Park
Friends of Andree Clark Bird Refuge
Friends of Los Baños del Mar Pool

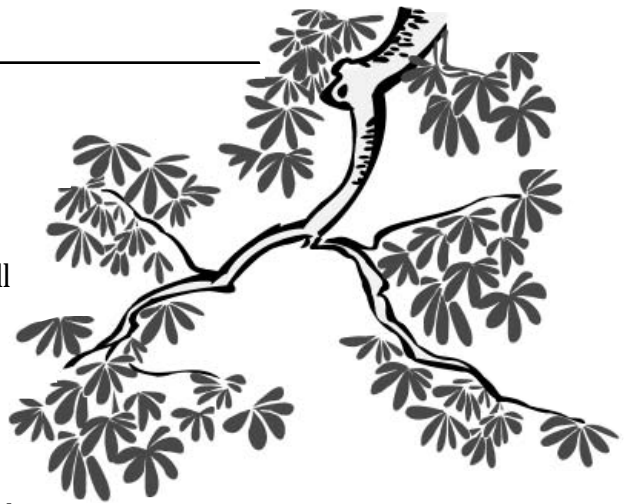
Partners

Elings Park Foundation
Girl Scouts of the U.S.A.
Grunion Rugby Club
Healthy Start
Horticulture Consortium
Men's Garden Club of Santa Barbara
Oak Park Festival Council
PARC Foundation
Pro-Youth Coalition
Rehabilitation Institute at
Santa Barbara
Santa Barbara County
Human Services Commission
Santa Barbara Athletic Round Table
Santa Barbara Beautiful
Santa Barbara Botanic Garden
Santa Barbara County
Horticulture Society
Santa Barbara Swim Club
Summerdance Santa Barbara
University of California at Santa Barbara
Zona Seca

PARKS & RECREATION NEWS

Santa Barbara Beautiful to Honor City Parks Staff

The 2005 Jacaranda Award for Outstanding Community Service will be presented to the City's Parks staff at Santa Barbara Beautiful's 2005 Annual Awards ceremony at the Lobero Theater on Sunday, September 25. Special guest host Huell Howser, producer and host of *California Gold* on PBS, and City Mayor Marty Blum will present this very special award to the parks staff. Jacqueline Dyson, Vice-President and Public Relations for Santa Barbara Beautiful, explains that the award is based on "the hard work and dedication of parks staff to keep our public open spaces attractive and accessible, especially during the winter storms of 2004 and early 2005. We also took into account the challenges of staff reductions, budget cutbacks, and increased park maintenance efforts due to reduction and elimination of pesticides."



The SBB Awards theme this year is "Ten Thousand Trees" to celebrate the milestone of the planting of the 10,000th City street tree—a Queen Palm—on April 26, 2005 on Anacapa Street adjacent to City Hall. This City street tree planting is a partnership between Santa Barbara Beautiful and City Parks & Recreation begun in 1976 with the planting of a King Palm near what is now Paseo Nuevo. The Mayor, City Council, Parks & Recreation staff, and Santa Barbara Beautiful members all attended this event, which was marked by a special poetry reading by Santa Barbara Poet Laureate Barry Spacks.

To attend the September 25 event, please contact Santa Barbara Beautiful at 805-965-8867 or email info@sbbeautiful.org. And next time you see any City Park maintenance workers at one of the City's 59 parks, be sure to congratulate them!

Davis Center to get makeover

The Louise Lowry Davis Center will be undergoing a makeover to provide a more functional facility for the many adult participants who use the center for varied activities. Beginning in August, the facility will be temporarily closed for a period of 4 months while the interior is remodeled to provide ADA accessible restrooms, a new kitchen and storage rooms. Additionally, the former front entrance on De La Vina Street will be relocated to the more accessible parking lot side of the building. The main office will also be relocated to be accessible to the walk-in traffic coming from the parking lot. Current services and users of the facility are being temporarily relocated to other facilities. A grand opening will be held in December to celebrate the changes and invite the community to make use of the community center. For more information, contact Community Services at 963-7567.

City Residents—Get Carded!

Santa Barbara City residents are eligible to receive a 20% discount on designated fees paid for activities, programs and facility rentals with their Resident Discount Card. To qualify for the resident discount, you must register as a city resident to receive your free Parks and Recreation Resident Discount Card and membership number. Families need only to register one person (adult) for the entire family to qualify. Eligibility is established by providing a current California Department of Motor Vehicles Driver's License or a CDMV Identification Card with a Santa Barbara City street address and zip code of residence printed by the CDMV on the face of the driver's license or ID card. A copy of a recent water, gas or electric bill, property tax bill or cable bill is also acceptable for residence eligibility. For more information, call 564-5418 or go to www.sbparksandrecreation.com.

Carrillo Recreation Center Courtyard Gets a Facelift

After years of preparation, the front courtyard of the 91-year old, landmark Carrillo Recreation Center was recently renovated this summer. The new design provided safe pathways, more usable space and addressed drainage issues which have longed plagued the entire building. The new courtyard has been designed to slope toward drains while gutters have also been incorporated into the underground drainage system.



In keeping with the character of the historic building, the bricks were tumbled to chip the edges and give them a worn, aged appearance. Next steps include planting Canadian Redbud trees and installing benches which can be adopted and dedicated. For information and tree and bench dedications, contact Terri Yamada at 564-5484.

The courtyard project will receive its final elements when a \$3.5 million facility renovation project is completed which is intended to keep the building sound for another 50 years. This facility renovation is anticipated to begin in 2007.

*Workers from Schock Construction prepare to replace bricks.
Photo by Keven Strasburg.*

New Teen Center On Its Way

Santa Barbara is getting a Teen Center! Thanks to a lot of hard work by local youth and adult advocates and a unanimous decision by the City Council, teens will soon have a place to hang out after school or on the weekends, connect to resources for local youth, get help with homework, SAT's and college applications, meet new friends from other schools, and much, much more. The site of this new facility will be 1235 Chapala Street (at Victoria Street), former home to the Unity Shoppe.

Scheduled to open in winter 2006, the Teen Center will include a smoothie bar, music recording studio, pool table, arcade, "theatre-style" living room, study lounge, teen art displays and more. The outside of the building will remain the same; however, the inside will be completely renovated. The current design and layout is a culmination of over year's worth of planning. Local design company, Studio G,

has been instrumental in developing a realistic project plan, working on a volunteer basis along with local teens to help facilitate community meetings and check local building, fire and safety codes.



We need your help! There's still lot's of work to do before our grand opening. Join our weekly planning meetings, make a donation, staff a fundraising event, or participate in our Teen Center naming contest. Look for red or blue drop boxes around town and submit your brilliant name ideas. The contest is open to Santa Barbara teens, ages 13-19 and the winner will be the proud recipient of \$100 CASH! For more information about the Teen Center or to find out how you can get involved, please call (805) 897-2650 or click on www.sbarksandrecreation.com/teens.

DEPARTMENT POLICIES

4 Easy Ways to Register for All Activities

For your convenience, we offer one, easy-to-use registration form to register for activities (see page 10). Registration is accepted on a first-come, first-served basis, so the method you choose is important. Please carefully read the instructions for each registration option below before making your selection.

1. Online using eRecreation:

www.sbparksandrecreation.com

For Resident Discount Cardholders:

- 1) If you have your User ID and password, simply log on, register and receive your automatic savings.
- 2) If you do **NOT** have a password, please call our office at 564-5418 **PRIOR TO** registration and we will help activate your eRecreation account.

TIP: If you provide your email address, you can request a User ID and password reminder be sent to you at any time via the internet.

2. By Mail or Fax:

Complete the registration form on page 29. To insure accurate enrollment, you must include the Code # assigned to each activity. Since mail delivery may take several days, be sure to include payment in full, well in advance of the activity. Mail to 620 Laguna Street, Santa Barbara, CA 93101 or fax to 805-564-5480.

3. In Person:

Stop by the Recreation Administration Office at 620 Laguna Street. Our friendly customer service staff is there Monday-Friday, 8am-5:30pm.

4. On the First Day:

You may register for some activities at the first class meeting. Check descriptions to determine if this option applies. To verify space availability for any activities we offer before choosing a registration method, please call (805) 564-5418, Monday-Friday, 8am-5:30pm.

Code of Conduct

The benefits of Parks and Recreation programs are numerous – enhancing health and building strong families and healthy communities. To insure the quality of programs and public safety, we ask all program participants, staff, parents, spectators, coaches, and volunteers, to abide by this Code of Conduct:

- All persons shall act with respect towards other persons, respect their privacy and personal safety.
- Physical or verbal abuse of any kind will not be tolerated.
- All persons shall treat public and private property and equipment with respect.
- Program rules and regulations shall be observed at all times.

Any City representative responsible for officiating, supervising or otherwise operating a parks and recreation program shall have authority to enforce the terms of this Code, as authorized by the Director of Parks and Recreation, empowered by Municipal Code Section 15.16.220. Failure of any person to abide by this Code of Conduct will result in disciplinary action, including

(but not limited to): 1) removal from the program area, 2) restriction on program participation and 3) suspension or expulsion from the program. Minors, under the age of 18, are required to have a parent or legal guardian sign the registration form.

No refund of fees shall be given for any suspension or expulsion from a program for violating the Code of Conduct. The Parks and Recreation Director shall review any expulsion or suspension longer than three days. Appeals of any suspension or expulsion shall be filed, in writing, with the Parks and Recreation Director within seven (7) days of action. Decision of Director is final.

Right to Leisure

The pursuit of leisure is a condition necessary for human dignity and well being. Leisure is a part of a healthy lifestyle and a productive life. Every individual is entitled to the opportunity to express unique interest and pursue, develop and improve talents and abilities. People are entitled to opportunities and services in the most inclusive setting. The right to choose from a full array of recreation opportunities offered in diverse settings and environments and requiring different levels of competency should be provided.

(National Therapeutic Recreation Society statement on inclusion)

Accessibility & Inclusion to Recreation Services

The Parks and Recreation Department provides ADA support for individuals who qualify for this service. During the summers, inclusion support is provided for children with special needs at camps and other programs. Additional staff support is also available to adults who wish to participate in all our wonderful and fun activities. Where additional staff are needed, we request notification at least three weeks before first day of program. This will allow sufficient time for consultation between staff, parents and your child's physician regarding the particular needs of the child and to plan for reasonable and appropriate program accommodations. Children requiring accommodations may be required to provide additional information concerning their medical condition, including a physician's report and clearance before participating in activities. Information will be reviewed by the Recreation Therapist. Questions? Call 564-5421

Resident Discount Program

Santa Barbara City residents are eligible to receive a 20% discount on designated fees paid for activities, programs and facility rentals offered through the City of Santa Barbara Parks & Recreation Department with their Resident Discount Card. To qualify, proof of City residency must be shown using a California Department of Motor Vehicles Driver's License or ID card with a Santa Barbara city address and zip code. P.O. Boxes are not acceptable. A copy of a recent water, gas or electric bill, property tax bill or cable bill is also acceptable for residence eligibility.

The Resident Discount Card is valid for all family members living at the same household address. The card will be revoked if the family moves out of City

limits; the card is transferred to or used by a non-family member; the card is defaced in any way; or if the identity of family members or the residence address has been falsified.

Facility Rental Refund Policy

A 100% refund of reservation fees will be given if rain causes the cancellation of an outdoor facility use and notification is received within five working days. All other cancellations of indoor or outdoor facility use must be made at least 30 working days prior to the use date. Reservation fees and application fees are non-refundable. A portion of facility use fees may be refundable (see facility policy). Security and key deposits will be refunded in full if conditions for refund are met.

Activity Refund Policy

A 100% refund will be given for activities cancelled by the Parks and Recreation Department. Refund requests made prior to the start of an activity will be granted without explanation, and will be subject to a 10% service charge. Refund requests made during the course of an activity will be prorated and then subject to a 10% service charge.

Program Satisfaction Guarantee

If, for any reason, you are not satisfied with a Recreation activity, we will refund your money in full (or give you credit toward a future program) if you make your request before the third meeting of the activity. This does not apply to facility rentals (see above), adult sports leagues, the Santa Barbara Golf Club, or the Santa Barbara Arts & Crafts Show. For service, call 564-5418.

Financial Assistance

A limited amount of financial assistance is available for select youth and teen activities, on a first-come, first-served basis. For information about financial assistance for youth, call 564-5495; for teen activities, call 897-2650. For summer camps, inquire about the Campership Alliance at 962-5560.

Privacy Policy for City Web Sites

For a complete description of City of Santa Barbara Internet Web Site Privacy Policy, please go to www.SantaBarbaraCa.gov/policies. This policy applies when visiting our official web site www.sbparksandrecreation.com, www.SantaBarbaraCA.gov, and www.secure.SantaBarbaraCA.gov (each domain, alone and collectively, is considered the City web site, which may expand or change from time to time).

Fees

All fees listed are subject to change on July 1 of every year subject to approval by City Council. For facility rentals booked prior to July 1, any additional fees will be due before the rental date.

ACTIVITY REGISTRATION FORM • City of Santa Barbara Parks & Recreation

Register online www.sbparksandrecreation.com OR carefully fill out this form. We can only process forms that are correct, complete, legible and signed. Mail, fax or bring this form to 620 Laguna St., SB, CA 93102-1990. Ph: 564-5418. Fax: 564-5480.

OFFICE USE ONLY
VERIFIED BY
DATE

ADULT NAME (Parent or Legal Guardian when registering minor)

Last Name _____ First Name _____
Mailing Address _____ City _____ Zip _____
Home Phone _____ Work Phone _____ Cell/Pager _____
Email address _____

EMERGENCY CONTACT Relationship to participant Home Phone Work Phone Cell Phone/Pager

1. _____
2. _____

To receive discounted fees, please provide your User ID from your Resident Discount Card (RDC) RDC User ID: _____

ACTIVITY REGISTRATION (limited to family members only)

Participant -first & last (Use 1 line for each person or course)	Birthdate mm/dd/yy	Gender M/F	Code #	Activity Name/Start Date	Special Needs* y/n	Fee
1.						
2.						
3.						

*Special Needs—If marked “yes” above for any participant, please specify name of participant and allergies, medications, disabilities or special information

TOTAL FEES:

\$ _____

PAYMENT METHOD (check one): ☐ Cash (do not mail) ☐ Check to City of Santa Barbara ☐ Visa ☐ MasterCard

Card # _____ Exp. Date: _____ Cardholder (print) _____

CODE OF CONDUCT AND RELEASE AGREEMENT—must be signed by above Adult to validate registration

CODE OF CONDUCT: By signing the release agreement below, you acknowledge that you have read and fully understand the City of Santa Barbara Parks and Recreation Department “Code of Conduct” on page 28 and do thereby for yourself, or on behalf of your child(ren), agree to abide by its policies and conditions exactly as written.

CITY OF SANTA BARBARA RELEASE AGREEMENT: IN CONSIDERATION OF BEING PERMITTED TO PARTICIPATE IN THIS CITY ACTIVITY OR USE OF ANY CITY FACILITIES IN CONNECTION WITH THIS ACTIVITY, THE UNDERSIGNED AGREES TO THE FOLLOWING:

1. **THE UNDERSIGNED HEREBY RELEASES, WAIVES, DISCHARGES AND COVENANTS NOT TO SUE THE CITY OF SANTA BARBARA, ITS EMPLOYEES, OFFICERS AND AGENTS** (hereinafter referred to as “releasees”) from all liability to the undersigned, his or her personal representatives, assigns, heirs, and next of kin for any loss, damage, or claim therefore on account of injury to the person or property of the undersigned, whether caused by any negligent act or omission of the releasees or otherwise while the undersigned is participating in the City activity or using any City facilities in connection with the activity.

2. **THE UNDERSIGNED HEREBY AGREES TO INDEMNIFY AND HOLD HARMLESS** the releasees from all liability, claims, demands, causes of action, charges, expenses, and attorney fees (including attorney fees to establish the releasee’s right to indemnity or incurred on appeal) resulting from involvement in this activity whether caused by any negligent act or omission of the releasees or otherwise.

3. **THE UNDERSIGNED HEREBY ASSUMES FULL RESPONSIBILITY FOR AND RISK OF BODILY INJURY, DEATH OR PROPERTY DAMAGE** while upon City property or participating in the activity or using any City facilities and equipment whether caused by any negligent act or omission of releasees or otherwise. The undersigned expressly agrees that the foregoing release and waiver, indemnity agreement and assumption of risk are intended to be as broad and inclusive as permitted by California law and that if any portion thereof be held invalid, notwithstanding, the balance shall continue in full legal force and effect.

I acknowledge that I have read the foregoing and that I am aware of the legal consequences of this agreement, including that it prevents me from suing the City or its employees, agents, or officers if I am injured or damaged for any reason as a result of participation in this activity. I further acknowledge that no oral representations, statements or inducements have been made.

IF THE PARTICIPANT IS A MINOR, his or her custodial parent or legal guardian must read and execute this agreement. I hereby warrant that I am the custodial parent or legal guardian or of (PRINT PARTICIPANT’S FULL NAME) _____ who is a minor, and agree, on my own and said minor’s behalf to the terms and conditions of the foregoing agreement.

✓ Adult Name (please print) _____ Signature _____ Date _____

RECREATION CENTERS & SPORTS FACILITIES

Parks & Recreation Administration Office

P.O. Box 1990, 620 Laguna Street, Santa Barbara, CA 93101

Hours: M-F 8am-5:30pm Ph: (805) 564-5418 FAX: (805) 564-5480 www.sbparksandrecreation.com

ACTIVITY CENTERS

CABRILLO PAVILION ARTS CENTER

1118 East Cabrillo Boulevard
Ph: (805) 897-1983 FAX: 897-1945
Hours: M-F 9am-5pm

CARRILLO RECREATION CENTER

100 East Carrillo Street
Ph: (805) 897-2519 FAX: 897-2520
Hours: M-Th 9am-10pm; Fri 9am-6pm;
Sat 8am-Noon

CHASE PALM PARK CENTER

236 East Cabrillo Boulevard
Program Information: (805) 897-1983
Open during scheduled activities only.

CHASE PALM PARK ARTS & CRAFTS CENTER

234 East Cabrillo Boulevard
Program Information: (805) 897-1982
Open during scheduled activities only.

CASA LAS PALMAS

323 East Cabrillo Boulevard
Program Information: (805) 897-1983
Open during scheduled activities only.

FRANKLIN COMMUNITY CENTER

1136 East Montecito Street
Ph: (805) 963-7605 FAX: 963-7607
Hours: M-F 8am-5pm

LOUISE LOWRY DAVIS CENTER

1232 De La Vina Street
Ph: 897-2568 Hours: M-F 10am-4pm
Open during scheduled activities only.

WESTSIDE COMMUNITY CENTER

629 Coronel Place
Ph: (805) 963-7537 FAX: 963-7569
Hours: M-F 8am-5pm

WESTSIDE COMMUNITY CENTER

423 West Victoria Street
Ph: (805) 963-7567 FAX: 963-7569
Hours: M-F 8am-5pm

SPORTS FACILITIES

BASEBALL/SOFTBALL

CABRILLO BALL FIELD, DWIGHT MURPHY FIELD, MACKENZIE PARK, ORTEGA PARK, PERSHING PARK

Ph: (805) 564-5422

BASKETBALL

CARRILLO STREET GYM

102 East Carrillo Street
Ph: (805) 897-2519
Hours: M,W,F Noon to 2pm;
Tu & Th 11:30am-1:30pm

DANCE/AEROBICS

CARRILLO RECREATION CENTER

100 East Carrillo Street
Ph: (805) 897-2519 FAX: 897-2520
Hours: Vary—see Guide for schedules

GOLF

SANTA BARBARA GOLF CLUB

3500 McCaw Avenue
Ph: (805) 687-7087 FAX: 687-1651
Hours vary according to season:
March-May: 6am-7pm June-August: 6am-8pm
September-October: 6am-7pm
November-February: 6am-5pm
For fees, see page 22.

LAWN BOWLING

MACKENZIE PARK

MacKenzie Park Lawn Bowls Club
Las Positas Road & McCaw Avenue
Ph: (805) 563-2143
Hours: M,W,F 11am-4pm; Sat 10am-4pm

SPENCER ADAMS PARK

Santa Barbara Lawn Bowls Club
1216 De La Vina Street
Ph: (805) 965-1773
Hours: Tu,Th,Sat,Sun 11am-4pm

SKATING

SKATER'S POINT

Cabrillo Boulevard at Garden Street
Ph: (805) 564-5418
Hours: Open daily, 8am-sunset
Younger and less experienced skaters are encouraged to skate on weekends before noon. Helmets, elbow and knee pads are required.

SOCCER

DWIGHT MURPHY FIELD, SB JUNIOR HIGH SCHOOL, LA COLINA JUNIOR HIGH SCHOOL, CHASE PALM PARK

Ph: (805) 564-5422

SWIMMING

LOS BAÑOS POOL

401 Shoreline Drive
Ph: (805) 966-6110 FAX: 897-2605
Hours: M-F 7:30-9am; 12-2pm; 7:15-8:15pm
Sat & Sun 12-2pm
Shower and locker facilities available.

TENNIS

Tennis Permits: Buy daily or annual permits at the courts from City Tennis staff or at 620 Laguna Street, 8-5:30pm, M-F.

LAS POSITAS TENNIS COURTS

1002 Las Positas Road
Ph: (805) 564-5517 FAX: 965-0107
Hours: Open daily; Lighted play until 9pm M-F on 6 hard courts. Shower and locker facilities available.

MUNICIPAL TENNIS CENTER

1414 Park Place at Old Coast Highway
Ph: (805) 564-5517 FAX: 965-0107
Hours: Open daily dawn to dusk; 12 hard courts; includes an enclosed stadium and lighted play until 9pm M-F on 3 courts. Shower and locker facilities available.

PERSHING PARK TENNIS COURTS

100 Castillo Street
Ph: (805) 564-5517 FAX: 965-0107
Hours: M-F after 5pm; Sat-Sun & SBCC holidays—all day; 8 hard courts; lighted play until 9pm M-F on 4 courts

VOLLEYBALL

EAST, WEST, & LEADBETTER BEACHES

Ph: (805) 564-5418 FAX: 564-5480

WEIGHT ROOMS

CABRILLO PAVILION BATHHOUSE

1118 East Cabrillo Boulevard
Ph: (805) 897-2680 FAX: 897-2605
Hours: Mon-Fri 8am-5pm; Sat-Sun 11am-4pm
Shower and locker facilities available.
See page 12.

CARRILLO STREET GYM

102 East Carrillo Street
Ph: (805) 897-2519
Hours: M,W,F Noon to 2pm;
Tu & Th 11:30am-1:30pm; Mon 8-10pm
Shower and locker facilities available.
See page 13.

LOS BAÑOS POOL

401 Shoreline Drive
Ph: (805) 966-6110 FAX: 897-2605
Hours: Call for program hours
Shower and locker facilities available.

FACILITY RENTALS

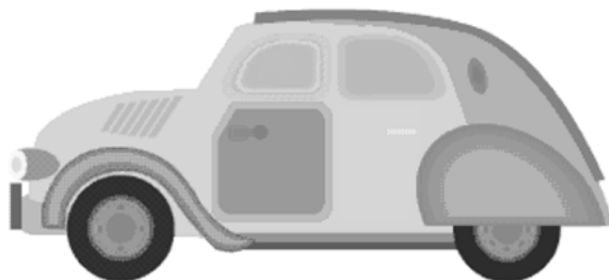
For information about Alameda Park Gazebo, De la Guerra Plaza, Oak Park Stage, or Pershing Park, call 564-5418. To check park and facility availability, go to www.sbparksandrecreation.com. To reserve, call 564-5418 or the number listed.

				Alcohol	Restrooms	Amplified Music	Showers	Volleyball Courts	Tables	Electricity	Parking Lot	Kitchen	BBQ Pits	Inflatable Bouncer Permitted
PICNIC SITES														
Alameda Main Picnic Area	Sola & Garden Streets	40	60	N	✓				✓					✓
Alameda Whale Site	Micheltorena/Garden Sts	30	30	N	✓				✓					
Alameda Castle Site	Micheltorena/Garden Sts	30	30	N	✓				✓					
Alameda Harriet Miller	Micheltorena/Garden Sts	40	50	N	✓				✓					
Chase Palm Park Picnic 1 & 2	323 E. Cabrillo Blvd.	16	25	N	✓				✓					
East Beach Picnic Areas 1 & 2	East Beach	10	40	●	✓		✓	✓	✓		✓			
Eastside Park	Soledad and Yanonali Sts	40	40	N	✓				✓				✓	✓
Hilda Ray	1400 Kenwood Drive	40	50	Y	✓				✓		✓		✓	
La Mesa	295 Meigs Road	80	100	N	✓				✓	✓	✓		✓	✓
Leadbetter Beach Picnic Area	Loma Alta & Shoreline Drive	70	125	●	✓				✓		✓		✓	
Oak Main Area	300 W. Alamar Avenue	300	500	Y	✓	✓			✓	✓	✓		✓	✓
Oak Sycamore Area	300 W. Alamar Avenue	80	150	Y	✓				✓	✓			✓	✓
Oak Friendship Grove	Alamar Ave. & Tallant Road	30	40	Y	✓				✓		✓		✓	
Ortega Picnic Area	600 E. Ortega Street	250	500	N	✓				✓	✓			✓	
Shoreline	La Marina & Shoreline Drive	50	60	●	✓				✓		✓		✓	
Skofield Area A (+ overnight camping)	1819 Las Canoas Rd	120	200	Y	✓			✓	✓		✓		✓	
Skofield Area C (+ overnight camping)	1819 Las Canoas Rd	80	80	Y	✓		✓		✓		✓		✓	
Skofield Areas B & D (+ overnight camping)	1819 Las Canoas Rd	30	60	Y	✓		✓	✓	✓		✓		✓	
Stevens	258 Canon Drive	40	60	Y	✓				✓		✓		✓	✓
WEDDING CEREMONY & PRIVATE GATHERING SITES														
Alice Keck Park Memorial Garden	1500 Santa Barbara Street	0	125	N										
Calle Puerto Vallarta	Cabrillo Blvd. & Calle Puerto Vallarta	0	300	●		✓								
Chase Palm Park Floral Gateway	323 E. Cabrillo Blvd.	0	150	N	✓	✓				✓				
Chase Palm Park Meadow	323 E. Cabrillo Blvd.	0	5,000	●	✓	✓				✓				
Chase Palm Park Pavilion	323 E. Cabrillo Blvd.	0	300	●	✓	✓				✓	✓			
Chase Palm Park Plaza	223 E. Cabrillo Blvd.	0	200	●	✓	✓				✓	✓			
East Beach—Cabrillo West	Cabrillo Blvd. & Corona del Mar	0	200	●	✓	✓	✓				✓			
La Mesa Grassy Area	295 Meigs Road	0	125	N	✓						✓			
Leadbetter Beach	Loma Alta & Shoreline Drive	0	200	N	✓									
Mission Historic Park (Rose Garden)	Los Olivos and Laguna Streets	0	200	Y										
Shoreline Alternate Area	La Marina & Shoreline Drive	0	125	●	✓						✓			
INDOOR FACILITIES														
Cabrillo Pavilion Arts Center	1118 E. Cabrillo Blvd./897-1983	200	250	Y	✓	✓			✓	✓	✓	✓		
Carrillo Auditorium/Dance Floor	100 E. Carrillo St./897-2519	260	550	N	✓	✓				✓		✓		
Carrillo Recreation Center	100 E. Carrillo St./897-2519	50	60	N	✓	✓			✓	✓		✓		
Chase Palm Park Casa las Palmas	323 E. Cabrillo Blvd./897-1983	50	75	Y	✓	✓			✓	✓		✓		
Chase Palm Park Center	236 E. Cabrillo Blvd./897-1983	96	120	Y	✓	✓			✓	✓		✓	✓	
Franklin Center	1136 E. Montecito St./963-7605	150	150	●	✓	✓			✓	✓	✓	✓		
L. Lowry Davis Center—Lg. Rm.	1232 De la Vina St./564-5418	98	100	●	✓				✓	✓	✓	✓		
L. Lowry Davis Center—Sm. Rm.	1232 De La Vina St./564-5418	30	40	●	✓				✓	✓	✓			
Lower Westside Center	629 Coronel Place/963-7537	70	70	●	✓	✓			✓	✓	✓	✓		
MacKenzie Adult Building	Las Positas & McCaw Ave./564-5418	70	100	●	✓	✓			✓	✓	✓	✓	✓	
MacKenzie Lawnbowls Club House	Las Positas & McCaw Ave./564-5418	56	66	●	✓				✓	✓	✓	✓		
Ortega Welcome House	600 E. Ortega St./564-5418	50	70	●	✓	✓			✓	✓		✓		
Westside Center	423 Victoria St./963-7567	200	200	●	✓	✓			✓	✓	✓	✓		

SPORTS FACILITIES: See page 30

Alcohol Key:

● = Alcohol allowed by permit N = No alcohol allowed Y = Alcohol allowed



Are you leaking?

If your car has a leak, get it fixed.
Leaks cost you money and pollute
our creeks and ocean.
Visit sbcreeks.com
to learn more.



Funded by hotel visitors through Measure B.



CITY NEWS—AIRPORT



The Santa Barbara Airport offers convenient and affordable commercial airline service options. Five major airlines provide 90 flights each day aboard jet and cabin-class aircraft. Ten non-stops offer connections to over 300 one-stop destinations worldwide.

The Santa Barbara Airport Short Term Parking Lot. Photo by Mehosh.



Airline Terminal
500 James Fowler Road, Santa Barbara, CA 93117

America West Express

Phoenix & Las Vegas
800.235.9292 americawest.com

American Eagle

Dallas/Ft. Worth & Los Angeles
800.433.7300 aa.com

Delta Connection

Salt Lake City
800.221.1212 delta.com

Horizon Air

Seattle & Portland
800.547.9308 horizonair.com

United Airlines

San Francisco, Denver,
San Jose & Los Angeles
800.241.6522 ual.com

Parking Rates

Cash (ATM in Terminal) or credit cards (AE, Visa & MC) are accepted for payment in all of the parking lots.

Long Term Parking Lot

0-1 hour	\$2
Each add'l hr	\$1
24 hr max	\$8
Weekly	\$48

Short Term Parking Lot

0-15 minutes	\$1
16-60 minutes	\$2
Each add'l hr	\$1
24 hr max	\$16

Long Term Parking Lot 2*

Daily	\$8
Weekly	\$48

* Long Term Parking Lot 2 becomes operational once the Long Term Lot at the Terminal is full. It is located off Hollister Ave. on Lopez Rd behind the Cinema Theater near the corner of Fairview Ave. A free shuttle service transports passengers every 8-10 minutes between Lot 2 and the Terminal 24 hours a day.

Ampco System Parking operates the Airport parking lots.
Please direct questions to the Parking Manager at 805.967.2745.



CITY NEWS: POLICE

FOCUS ON...SBPD LIVE

The Santa Barbara Police Department invites members of the community to watch "SBPD LIVE," a television show airing weekly on Public Access TV Channel 17 on Thursday nights at 8pm. The show highlights various assignments and specialty units at the SBPD. This 30-minute television broadcast has been designed to enhance the community's knowledge of their police department and to strengthen the interaction between police employees and the public that they serve. Police officers from the Community Relations Unit host the program and are joined by other Department employees and community members featured as guests on the show. Other features include a weekly crime summary, a segment on Santa Barbara's most wanted fugitives, and a live call-in for the public to speak firsthand with an officer. Comments or questions about the show should be addressed to Sergeant Gary Wolfe at 897-3701.

Crime Stoppers of Santa Barbara County

Crime Stoppers is a nonprofit international organization whose main focus is to reward persons able to provide specific information to local law enforcement agencies to solve crimes in their community. Crime Stoppers is designed to keep the informing persons anonymous and to pay cash rewards to those who provide information that result in an arrest and/or the seizure of property. Local agencies in Santa Barbara County have a toll free telenumber to report information about a crime: 877-800-9100. The caller will not be asked his/her name. The caller will be provided a code number to be referenced at a later time to claim any possible reward money. The caller will later collect the reward, still remaining anonymous to the police department.

Crime Stoppers of Santa Barbara County is a nonprofit organization. Reward money comes through private donations and corporate sponsors. Any person or corporation wishing to support the Crime Stoppers of Santa Barbara County should contact Sergeant Gary Wolfe, Santa Barbara Police Department, 897-3701.



Santa Barbara Police Activities League (PAL)

PAL is a program designed to provide a wide assortment of programs for youth 4 1/2 to 17 years old. PAL offers a variety of classic sports programs such as basketball, football, soccer, swimming, boxing and wrestling to atypical sports like cheerleading, dance, and deep sea and fly fishing. Educational programs including tutoring, computer instruction, mentoring programs and an array of over 30 different summer camps are also part of the PAL program. For more information, contact the PAL office at 962-5560.

Citizen Police Academy

This free program is ideal for community members who want an inside understanding of their police department. The 12-week course introduces participants to various aspects of the Santa Barbara Police Department, including SWAT, Crisis Response, Traffic, K-9, Communications, Investigations and more. The program is sponsored twice each year with one course offered in English and the other in Spanish. Applications are accepted on an on-going basis. Space is limited to 20 students per session. For information, call 897-3703.

Neighborhood Watch

Crime prevention begins at home...and this program provides citizens with the opportunity to actively participate in reducing crime in their communities by learning how to report suspicious activities and take action that will be useful in deterring crime. If you would like more information or wish to set up a program in your area, call the Beat Coordinator unit at 897-3709.

Citizens' Advisory Committee

The Citizens' Advisory Committee is comprised of 12-14 volunteers who work closely with the four Beat Coordinators from the Police Department to address quality of life issues within the City of Santa Barbara. Members of the CAC participate in a problem-solving process as they take lead roles within their neighborhoods to involve more community members in identifying and addressing neighborhood issues. CAC members find themselves in weekly or daily contact with a Beat Coordinator (BC) while working on a project. The entire committee meets with the four Beat Coordinators once a month to report on project progress. The BC's screen the applications for the CAC and the Chief of Police makes the final committee member selection. If you are interested in serving as a Citizens' Advisory Committee member, please contact the Beat Coordinator Sergeant at 897-3701.



The Drug Abuse Resistance Education Program is helping to keep thousands of Santa Barbara youths off drugs. In this intensive program, police officers visit the classrooms of 5th and 6th graders every week for a semester to

educate the students on the dangers of drug use. The program concludes with a graduation ceremony for the participants' families, teachers, and the Police Department.

Volunteer Corp

The Volunteer Corp is composed of Citizen Academy graduates who have shown strong and enthusiastic support for the Police Department, as well as a definite interest in assisting the Department in any way. The mission of these volunteers is to enhance and expand the services the Police Department provides to the citizens of Santa Barbara. For information on joining the Volunteer Corp, contact Community Services at 897-3717.



WHO TO CALL...

Block Pride	564-5587
Graffiti Hotline	897-2513
Looking Good Santa Barbara	897-2526
MTD Route Information	MTD-3702
Parking Lots	
Commuter	966-9368
Downtown	963-1581
Pothole and Sidewalk Repair Hotline	897-2630
Project Clean Water Hotline	1-877-OUR-OCEAN
Public Works Permits	564-5388
Recycling Hotline	564-5587
Ride Share Info (including bike-lane maps)	963-SAVE
Street Light Installation & Repair	564-5416
Storm Drain Response Line	564-5458
Traffic Signal Repair	564-5417
Vector Control Hotline	564-7510
Water Conservation Hotline	564-5460
Water/Sewer Problems & Fire-Hydrant Knockdowns	
7:30 am to 4 pm	564-5413
4 pm to 7:30 am	963-4286

Check out the Public Works homepage from the City site:
www.SantaBarbaraCA.gov

Walk to School Week October 3-7, 2005

We need volunteers to help organize and promote Santa Barbara's Walk to School Day on October 5th! Local communities host this international event in order to promote active travel to school by kids. Please contact the Coalition for Sustainable Transportation at 875-3562 to take part. Promotional material and ideas for your school are available upon registration at the California Walk to School Day Headquarters on the web at www.cawalktoschool.com/register.php.

Bicycle Safety Instruction

Do you think about riding a bike but have reservations about how to deal with the traffic, what to wear, and how to equip your bike? Bicycle Safety Instruction is available through the Santa Barbara Bicycle Coalition's nationally certified instructors. Email CycleSmart@sbbike.org or call 564-5544 if you would like to arrange private or group instruction.

Why Build Bicycle and Pedestrian Facilities?

The many positive consequences of bicycling and walking as healthy modes of transportation and recreation span across many aspects of our lives. They can be expressed in terms of the health of environment, as well as the health of individuals who are more physically active. A transportation system that is conducive to bicycling and walking can reap many benefits in terms of reduced traffic congestion, increased mobility for children and seniors, and improved quality of life. Economic rewards both to the individual and to society are also realized through reduced costs of health care and auto ownership. See www.healthytransportation.net.

Santa Barbara on the Move—Santa Barbara County Joins California On the Move.

Would you take simple steps to achieve and maintain a healthy weight? It's easy to get started and fun, too! Just put on your pedometer and watch the steps add up. The California on the Move initiative is a partnership uniting many sectors of our community to promote healthy lifestyle options. Already, representatives from government, education, business, sports/fitness, healthcare, non-profit arenas and concerned citizens have pledged their support for California On the Move in Santa Barbara. For more information, contact the Diabetes Resource Center at 687-5586.

Recycle at Work Program

Did you know the 80% of office waste is recyclable, but only 10% is actually recycled in the City of Santa Barbara? Santa Barbarans are great recyclers and really care about our community—residents are diverting nearly 50% of their waste at home with recycling and greenwaste bins. So bring your recycling ethic to work! Business recycling is half the cost of trash, and City Recycling personnel will help you set up the program and provide indoor bins. Call Karen Guntow of Environmental Services at 897-2542 to take advantage of this important program.

**Don't blame your sprinkler.
It's only doing
what it's been told.**

In all probability, you're using your sprinkler far more than you need to. Which, of course, means that you're wasting a lot of water in the process. To find out how much water, go to bewaterwise.com, learn the optimum setting, and adjust your sprinkler accordingly. This will help enormously.

bewaterwise.com





CITY NEWS: WATERFRONT

The Santa Barbara Waterfront is completely self-supporting with funds generated from user fees and lease rents. No local tax dollars are used in the operation and maintenance of the Harbor and Stearns Wharf.

WATERFRONT: Did You Know?

There's always more to see and do at the Waterfront!

Ocean breezes and sandy beaches, 4 marinas with 1,133 boat slips, 13 restaurants to satisfy everyone's tastes, 58 Harbor and Wharf businesses, many day and over-night boat tours, a water taxi service between the Harbor and Wharf, scuba diving and sailing lessons, kayak and boat rentals, a variety of shops and a Maritime Museum, fresh local seafood, fishing from Stearns Wharf, sailboat races, and several yacht brokers who can help you purchase your "dream boat."



Fresh fish from Santa Barbara's working harbor.

Look at What's Cooking. . .

6 STEARNS WHARF RESTAURANTS

- | | |
|-------------------------------|----------|
| • Char West | 962-5631 |
| • Harbor Restaurant | 963-3311 |
| • Longboards Grill | 963-3311 |
| • Moby Dick Restaurant | 965-0549 |
| • Santa Barbara Shellfish Co. | 966-6676 |
| • Stearns Wharf Vintners | 966-6624 |

7 HARBOR RESTAURANTS

- | | |
|------------------------------|----------|
| • Breakwater Restaurant | 965-1557 |
| • Brophy Brothers Restaurant | 966-4418 |
| • Deli Sushi Go Go | 962-6568 |
| • Endless Summer bar-café | 564-4666 |
| • Minnow Café | 962-6315 |
| • Shoreline Beach Café | 568-0064 |
| • Waterfront Grill | 564-1200 |

Santa Barbara Maritime Museum and Panoramic Views

The Santa Barbara Waterfront Center has much to offer: The Santa Barbara Maritime Museum & Museum Store (open 11am-5pm except Wednesdays); Endless Summer Bar-Café and Waterfront Grill; Channel Islands National Marine Sanctuary headquarters, and a panoramic view of the Harbor from the Visitor Center observation deck.

Shops, Stores and More

- | | |
|--|---|
| ☆ Angel's Bait & Tackle— <i>Wharf fishing</i> | ☆ Mother Stearns Candy— <i>Candies & Goodies</i> |
| ☆ Blue Edge Parasailing | ☆ Nature's Own— <i>Gifts & Seashells</i> |
| ☆ Blue Water Hunter— <i>Diving Equipment</i> | ☆ Oceanaire Electronics— <i>Marine Electronics</i> |
| ☆ Breakwater T's— <i>Gifts & Apparel</i> | ☆ Old Wharf Trading Co.— <i>Gifts and Apparel</i> |
| ☆ Captain Don's Cruises— <i>Whale Watching & Tours</i> | ☆ Paddle Sports— <i>Kayaks & Outdoor Apparel</i> |
| ☆ Chandlery Yacht Brokerage— <i>Yacht Sales</i> | ☆ Santa Barbara Maritime Museum Gift Store |
| ☆ Devil & the Deep Blue Sea— <i>Gifts & Novelties</i> | ☆ Santa Barbara Sailing Center— <i>Sailing Lessons, Boat Rentals & Whale Watching</i> |
| ☆ Gee Dunk Market— <i>Food & Sundries</i> | ☆ Seacoast Yacht Sales— <i>Yacht Sales</i> |
| ☆ Harbor Market— <i>Food & Sundries</i> | ☆ Sea Landing— <i>Diving, Fishing & Whale Watching</i> |
| ☆ Harbor Tackle— <i>Fishing Gear</i> | |



CITY OF SANTA BARBARA
Parks & Recreation
Enriching People's Lives



Give Your Child a Rewarding After-school Experience with RAP

(Recreation After-school Program)

Children love RAP for the

- Variety of fun activities like sports, arts and crafts
- Excursions and walking field trips
- Daily homework assistance
- Opportunities to make new friends
- Sensational college-age staff

Parents love RAP for the

- Convenience, affordability and safety
- 45 minutes of homework time each day
- Structured daily activities
- Principals' stamp of approval
- Discount on after-school sports league fees
- Well-trained, caring staff

RAP is available at five local elementary schools:

Cesar Chavez, Monroe, Open Alternative, Washington and Roosevelt.

RAP registration begins August 4. See all program details on pages 4-5.

**FREE Junior High
After-school Sports Program**
(see page 5)



www.sbparksandrecreation.com

805.564.5495



EXPLORE SANTA BARBARA'S WATERFRONT

Enjoy A Fun-Filled Day



The Santa Barbara Event You Won't Want To Miss

Parade of Lights

20th YEAR CELEBRATION

Fireworks

2005 Boat Theme: "The Roaring Twenties"

Sunday, December 11th
The fun begins at 3 p.m.



Mark Your Calendars Today!

Join us as we celebrate
20-years of Santa Barbara
Parade of Lights history with
Santa's Village, Carollers, Snow,
30+ Boat Parade and Fireworks.
Cheer on your favorite boats and
bring the whole family.

Look for Parade of Lights and
Harbor & Seafood Festival details
at www.SantaBarbaraCA.gov

Visit Santa Barbara's Number One Attraction

*Stroll Santa Barbara's waterfront.
Savor ocean breezes and soak up the sunshine.
Many sights and activities await you as you walk
in the steps of Spanish explorers—
East Beach, where professional beach volleyball got its start,
the palm lined coast to Stearns Wharf and
Santa Barbara's famous Harbor and Breakwater.*



For more information, visit us at
www.SantaBarbaraCA.gov/Waterfront



Saturday, October 15th
10 a.m. to 5 p.m.

ONE STOP^{*} *to* ANYWHERE



fly with ease from the beautiful Santa Barbara Airport

 Delta

 AMERICA WEST

 UNITED

Alaska Airlines

Horizon Air

American Eagle

American Airlines®

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PAID
SANTA BARBARA, CA
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over 300 one-stops worldwide*

ECRWSS
Residential Customer

see P. 33 for details